

## **Wisconsin Point Shore Lunch**

*Music from Zenith City by Woodblind*

Marie: You're listening to The Fish Dish, brought to you by Eat Wisconsin Fish, a campaign of the Wisconsin Sea Grant Program. Are you fish-curious? Or are you a fish expert who wants to learn even more about Wisconsin's fisheries and cooking fish? We'll give you the latest "dish" on fish.

Your hosts are . . .

Sharon: Sharon Moen

Marie: and Marie Zhuikov

Together: Two friends who have been working for Sea Grant seemingly forever and who know a thing or two about fish.

Marie: But that's "forever" in a good way.

Sharon: Sharon is a food-fish outreach coordinator.

Marie: and Marie is a science communicator.

*Sound of Lake Superior waves lapping on the shore*

The Fish Dish has gone on the road again. This time, the road took us to the beach – Wisconsin Point Beach, to be exact, along the shore of Lake Superior. With summer full upon us, we thought it would be fun to bring you along on a classic dining experience: the shore lunch. Joining us were Emma Hauser, an aquaculture outreach and education specialist with Sea Grant; Russ, intrepid taste-tester and Marie's husband; and Jojo Hunt and Crow Idnani -- two summer scholars who are working with Sharon and Emma to learn strategies for engaging a variety of audiences in local food-fish production.

We won't be having a typical Fish-o-Licious part of our show this time because the whole episode is about cooking fish. But never fear, we will share recipes with you in the episode extras web page for this show. You can find two of the sauces that we mention during this podcast, a short video and also a list of what we think you might want to rustle up for a shore lunch.

Marie: We assembled on a breezy afternoon in July just outside of Superior, Wisconsin. Our first task was to gather driftwood from the beach so that we could make a fire. We also brought a small charcoal grill along in case plans for a fire didn't work out. While we were doing that, I had a chance to ask Sharon what a shore lunch is all about.

So, Sharon, what is the tradition of shore lunch?

Sharon: Oh, so the shore lunches are kind of a tradition among commercial fishermen and also sports anglers and just people going up the North Shore, South Shore. And so what you do is you get some fish from a local fish market and grill it right on the beach or fry it or barbecue it, however you want to do your fish.

Marie: Is it also done when you're out catching fish?

Sharon: Yes.

Marie: And then you pull up for lunch and eat what you catch?

Sharon: Absolutely. That would be the angler's version. But you don't have to catch your own. You can buy it from fish markets, but yeah, so pulling up, cooking your fish right there on the spot. Fresh fish, right on the lake where it was caught.

Marie: And it's usually over a fire or . . .

Sharon: Right. So, some people bring a portable grill, other people make a fire and then fry it. Today we're not frying it, but we are grilling it and tin foiling it. So, if you listen to, I think our first episode of The Fish Dish with Craig Hoopman and he talked about his favorite way of cooking whitefish is over a grill in tinfoil and with a little bit of Greek seasoning. So, we're kind of modeling today's event after that.

Marie: And what usually accompanies the fish?

Sharon: Corn and potatoes. Some people add beans, like baked beans and chocolate cake. Yes.

Marie: Uhuh. Today we have a flourless chocolate cake for people like me. *(Laughter)*

Sharon: That's right, that's right. It's gonna be delicious, I'm sure. So, we're grilling some corn and we have potatoes wrapped in tin foil at the base of our fire. So, we have a lot of stuff going on here today.

Marie: What we've done so far is we've cut up some potatoes and put them in little foil packets along with some butter and salt pepper, and we're gonna cook them over a fire. We have a beach fire going. You can probably hear it in the background.

It's a pretty nice day, although there's some rain threatening later, so we'll see how long we can stay out here. And then Sharon brought some ears of corn along. And we've half-husked them and took the silk out and then put the husk back on the corn. We're also gonna cook that on the fire.

Emma Hauser has brought us some fish. I think we have some salmon and some whitefish from Bayfield area. And we're getting the cooking done.

Then I had a chance to speak with Emma Hauser who works for the University of Wisconsin-Stevens Point Northern Aquaculture Demonstration Facility in Red Cliff, Wisconsin. It's also known as NADF, which you'll hear referred to later in this podcast. Emma provided us with Atlantic salmon and picked up the lake whitefish from a commercial fishing operation as she drove in from Red Cliff to meet us. When I spoke to Emma, she was in the process of preparing a large salmon fillet.

Emma, so where's the salmon from?

Emma: The salmon is from the Northern Aquaculture Demonstration Facility.

Marie: Ooooooh!

Emma: So, we raised this fish from egg. This is part of a strain evaluation project. We're looking at two different strains of Atlantic salmon, specifically raised in recirculating systems and fresh water. We're just kind of seeing how they do. Which one grows bigger, which one has a better fillet color, like quality. This one we'll probably just grill. These ones have kind of a sesame, ginger, garlic marinade that they've been marinating in. But all the same fish from the facility. And then the whitefish is from Halvorson's in Cornucopia, so wild-caught whitefish.

Marie: Mm-hmm.

Emma: Ten fillets of those.

Marie: Then it was time to put the sauce on the salmon fillets. We also discuss the salmon that Emma had marinating in plastic containers.

So, Emma, what sauce is this?

Emma: So, this is a paprika, garlic -- just garlic powder -- black pepper, onion powder, and the paprika really makes the colors stand out.

Marie: Uhhuh.

Emma: I really like the color of paprika and then olive oil. And then I'll put little butter tabs on top.

Marie: And the fish that was in the container . . .

Emma: That was Atlantic salmon, that is in that tin foil wrap. We're going to do that over the little grill.

Marie: And what sauce does that have?

Emma: So that has a ginger, garlic, kind of a sesame, with olive oil. So, it kind of has that gingery flavor to it. It also has brown sugar in it. So hopefully it will caramelize a little bit in that package, and we'll see what it tastes like. But everything's fresh, so fresh ginger and fresh garlic is crucial.

Marie: Whoo hoo!

Emma: It tastes a lot better when you use fresh.

Marie: Yeah.

*Fire crackling*

Marie: Meanwhile, Sharon was preparing the whitefish fillets to go on the fire grate.

Sharon: ... Good whitefish here. Salt and pepper. We have it spread up with some tinfoil, so it won't fall through the grate. And then I'm gonna take a little bit of Bodin blackened seasoning, and so that'll make it a little spicy. Bodin's Fishery is one of the fisheries that operates here on Lake Superior. So, if you're having a shore lunch, this is like a perfect combination: Bodin spices, Halverson's fish. Whitefish is the number one product out of Lake Superior here.

There! So that's how I'm gonna do that one. That's pretty simple. But I have a bunch of other spices. Ooh. And I always like, I'm a big fan of lemon . . .

Marie: While the fish was cooking, I had a chance to catch up with the summer scholars Jojo and Crow. I asked them about the experiences they've had so far working with Sharon and Emma.

Jojo: Jojo Hunt.

Crow: I'm Crow Idnani.

Marie: And so why don't you tell me a little bit about how your summer scholar experience has been going.

Jojo: Uh, so far so good. I personally have been working on a map. I've been using ArcGIS online. It's been pretty fun so far. I'm mapping all of the fisheries in Wisconsin. We got to visit a couple, too, on a field trip, which was a lot of fun.

Marie: So, by fisheries you mean like the fish stores and . . .

Jojo: All of the above. It's hatcheries, markets where you can buy fish, and kind of any like landmark or museum that's related. Just to have consumers know more about where they are and make it more accessible and easier to find.

Marie: Oh, cool. And so that's going to go up on the Eat Wisconsin Fish website? Is that the goal?

Jojo: That is the plan. Hopefully, that happens. Right now, I'm working on it though, so hopefully I get it done in time and everything goes smoothly, but that's the end goal.

Marie: So, when did you start and when does your time end with us?

Jojo: I started up here in Superior on June 1st, and I'll be here until July 17th. And then I get to work remotely in Madison. And then the internship is over around August 7<sup>th</sup>-ish.

Marie: Oh, okay. And did you come from Madison?

Jojo: Yes, I'm from Madison, Wisconsin, but I go to school in Denver, Colorado.

Marie: Oh, okay. Okay, cool. And so, what are you majoring in?

Jojo: My major is Geographic Information Science, GIS, and then I have minors in math and computer science.

Marie: Okay. And Crow, how about you? Where did you come to us from?

Crow: I'm from New York City and I'm currently at Cornell. This summer I've been working on the consumer guide for Wisconsin Fish, updating that. And I'm also working on a profile piece for NADF's salmon, which we're gonna try to publish to kind of maximize its outreach. And we've also done a handful of outreach events throughout the summer. We did Kids Fishing Day, we have Lake Superior Day coming up. So, we've been doing outreach stuff with the community.

Marie: Uhhuh. What are you majoring in?

Crow: I'm majoring in environmental science.

Marie: Cool. Did you ever think you'd be doing something like a shore lunch is part of it? (*Laughs*)

Crow: I don't think I did, but it's enjoyable. We're having fun.

Marie: What kind of fish have you gotten to experience, like eating and seeing and that kind of thing?

Crow: Well, we've handled NADF's Atlantic salmon, and we have experience now grilling lake whitefish, which are the two fish we have here. Beyond, I think we've seen some sturgeon from the fish farmers, walleye as well.

Jojo: Trout.

Marie: And has it changed how you think about fish at all?

Crow: I think it has. I'd say, yeah.

Jojo: Yeah.

Marie: Did you use to eat fish previously?

Crow: Yeah, but I don't think I really knew as much. I think they were all just fish to me. But now I think I definitely have a greater appreciation for the variety of fish that Wisconsin has to offer.

Marie: Crow, are you going to be working remotely then, too, after July?

Crow: Yes. I'm here until July 17th, and I'm going to be in Madison until August 2nd. And then from there I'm heading back to New York City.

Marie: Okay.

Sharon: So, Jojo and Crow, it's time to report for lunch. Come on over here. We have salmon, potatoes and corn ready to go.

Emma: And that butter, I think you could probably just use it. Yeah.

Russ: Want to take one?

Crow: Which one?

Emma: It's probably kinda hot.

Russ: Yeah.

Crow: Uh?

Russ: Any one. I'll take the tongs there, yeah. Perfect.

Sharon: All right. We're so lucky today. We have Russ helping us out. He's serving up the potatoes.

Marie: Yes, he's making another cameo appearance on the Fish Dish.

Sharon: I'm gonna pass that to you.

Marie: So, Crow, I have to get your reaction to the whitefish.

Crow: That is really, really good.

Marie: How would you describe the flavor? *(Laughs)*

Crow: It doesn't taste super fishy, which is, I know something that is talked a lot about, like how to cook fish without it tasting super fishy. I think this does a good job of not leaning into that.

Marie: Yeah. Whitefish is pretty mild anyway, and it's got some spices on it, but it's not like . . .

Crow: Bodin's something.

Marie: But it's not too spicy, right?

Crow: No, it's. It's a good whitefish. I think the best whitefish I've ever had.

Marie: Woohoo. Thank You.

Crow: Which, I've had two whitefish, but they don't need to know that.

Marie: *(Laughs)*

*Music from Zenith City by Woodblind*

Marie: Well, maybe you all do need to know about those two whitefish Crow has eaten!

Sharon is off canoeing in the wilderness, probably catching a mess of walleye, so I'm back in the studio closing out the show myself. In summary, the staples of a shore lunch are fresh fish, potatoes, corn and chocolate cake. You'll also need a hot bed of coals or a charcoal grill, a spirit of adventure and an appreciation for al fresco dining.

That was my first shore lunch and it "shore" was good. (Oh, that was so bad! Sorry! Sharon leaves and look what happens.)

The two recipes for this episode are Salmon in Sesame-Ginger Marinade and Blackened Salmon with Paprika Dressing. Those can be found on the Eat Wisconsin Fish website, which is [EatWisconsinFish.org](http://EatWisconsinFish.org). They'll work with any kind of salmon or trout.

And I just want to note that, although our salmon came from NADF, they don't sell salmon to consumers out of their facility. When the fish need to be culled, they donate them to the Wisconsin Tribal Elder Food Box Program and community members from the Red Cliff Band of Lake Superior Chippewa and surrounding areas. On occasion, they also donate live salmon to aquaculture facilities, which might make it to your table someday.

Summer scholar Jojo made a short video of our shore lunch. So, if you'd like to see what the preparations look like, please take a look. You can find the video on the episode extras page for this Fish Dish on the Wisconsin Sea Grant website.

*Sound of Lake Superior waves lapping on the shore*

Marie: That's it for this episode of The Fish Dish. Thanks goes to Emma Hauser, Jojo Hunt, Crow Idnani and Russ Maron. And thank you for listening!