

WALLEYE



DESCRIPTION:

Walleye prefer large, shallow lakes with high turbidity. They are found and stocked in lakes from Quebec to Alabama. It derives its name from its glassy eyes. This sometimes misleads consumers into thinking the fish isn't fresh. These eyes have developed in order to allow the species to hunt at night in the gloom of the lake bottom. It is also called "walleye pike", which can be misleading since it is not a pike.

EATING QUALITIES:

Clean white meat with a small flake and excellent, sweet flavor. It is adaptable to any cooking method and is regarded as at least the equal of trout among fresh water fish.

FISHING METHODS AND REGULATIONS:

They are caught using trap nets, gill-nets and hook and line. There is also a large winter fishery with gill-nets set under the ice of frozen lakes. On most waters, closed seasons protect walleye during spawning. Possession limits distribute the total catch among many fishermen. Lately, fish managers have been looking at special regulations as a way to protect walleye.

SOLD AS:

Whole (Jumbo 10 oz fillets and up, #1 6-10 oz fillets)
 Fillets (skin-on, skin-off, Pin-bone in, pin-bone out)
 Portions
 Refreshed
 IQF Fillets
 IQF Portions

NUTRITIONAL INFORMATION

Per 3.5 ounce portion:

Calories	79
Total Fat	1 g
Cholesterol	70 mg
Sodium	98 mg
Protein	17.5 g
Omega-3	.3 g

Source USDA

COOKING METHODS

Sauté - Fillets
 Broil - Fillets
 Bake - Fillets
 Pan Fry - Fillets
 Smoking - Fillets of Whole Fish
 *Great with a crust

HANDLING

Whole fish should be packed in flaked ice. Whole fish and Fillets should be stored in a drain pan in the coldest part of the walk-in. Fillets should also be covered in ice although with a barrier, so the ice never touches the flesh.

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