

Sandy's Healthy Largemouth Bass Magic Recipe

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Preparation is important. Keep largemouth bass cool after removal from water.

As soon as possible, fillet and remove skin from boneless fillets.

Slice away any thin strip of red meat along midline under skin (obvious in bigger fish).

Cut into pieces that will fit into your deep fryer. Especially thick pieces (usually from plump largemouth bass 15 inches and longer) may be sliced horizontally into two pieces in order to reduce thickness and thereby enhance flavor once breaded.

Lay cold-rinsed pieces on a paper towel, lightly salting both sides.

Coat pieces with oat flour (shaking in a bag works well).

Dip floured pieces in egg mix. Beat an egg with some salt and a little cold water as needed to make the egg stretch. If you have a lot of fish, use 2 eggs.

Roll the egg-covered pieces in a bowl with Italian style bread crumbs, and place on paper plates in a single layer until ready to fry.

Deep-fry in canola oil until breading is lightly browned or pieces float to the surface.

A NOTE FROM MY FISHERY BIOLOGIST HUSBAND: Remember, largemouth bass are a great sport fish and a fine food fish. Catch-and-release is appropriate in many waters, but selective harvest can be desirable in many waters also. Now you know how to make the best of that harvestable surplus.