

# Fresh Fish Feature

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Week of April 21, 2008

### Canadian Yellow Lake Perch Fillets

#26210 10lb Yellow Lake Perch Fillet

#26213 10lb "Ohio" Lake Perch Fillet

#### The Fish (general information)

Yellow Perch (*Perca flavescens*) is derived from the Greek word "perke" meaning perch and the Latin word "flavescens", to become gold colored. Other common names referring to the species are American Perch, Bandit Fish, Calico Bass and Convict. This native fish in the Great Lakes region continues to be a mainstay to its' commercial and recreational fishing industry throughout the United States and Canada. Yellow Perch, on average, reach 6-12" and weigh 6-16 ounces. Other distinguishing features include seven black tapering bars on its yellow sides and no canine teeth, unlike the Walleye, which have been confused for a large perch. Yellow Perch are most likely to be found in 30 foot waters, however larger more mature fish have been found as deep as 150 feet throughout Great Lakes. The largest Yellow Perch caught on record weighed in at 4lbs, 3oz from a lake in Cross Wick Creek, New Jersey.

#### Taste and Preparation

Yellow Perch, definitely not the largest species in the creel, still offers fishermen and consumers a splendid full-bodied large-finned pan fish with memorable fresh, firm, flaky meat and a mild, sweet flavor.

#### Cajun Style Fried Yellow Perch with Eggplant Ratatouille"

Yield: 1 serving

#### Ingredients:

8-10 oz. Yellow Perch Fillets  
2 Tablespoons Cajun Seasoning #91807  
2 Cups Breading Mix #91578  
3 oz. Diced Menu Grilled Eggplant #96921  
2 oz. Oasis Tomato Bruschetta #96801  
1 oz. Fine Diced Tasso #90787

#### Preparation:

Combine the Cajun seasoning with the breading mix and coat the fillets evenly  
Deep fry or pan fry until crisp and cooked through  
In a sauté pan, over medium heat, cook the remaining ingredients to heat through  
Serve the fish over the eggplant and tomato mixture

*\*Subject to availability and stock on hand.*



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