

# Frank's piggly wiggly®

## Oven-Roasted Smelt

Smelt (whole or headed and gutted)

Baking dish or baking pan

Cooking spray or olive oil

Seasonings (optional)

Preheat your oven to 400 degrees Fahrenheit.



Grease a baking dish with cooking spray or olive oil. Arrange the smelts in a single layer in the baking dish and season to taste.

Season lightly with salt and pepper or fresh herbs like chives, rosemary and parsley. Top with breadcrumbs or crushed croutons if you'd like to add a bit of crunch to the dish.

Bake the smelts for approximately 12 minutes or until the fish are firm to the touch.

Remove the smelts from the oven and serve.

Create a sauce from the leftover baking liquid or serve with herbed mayonnaise, if desired.

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## Crispy Oven-Fried Smelt

Smelt (whole or headed and gutted)  
Baking dish or baking pan  
Cooking spray or olive oil  
Seasonings (optional)

Preheat your oven to 350 degrees Fahrenheit.



Grease a baking pan with cooking spray or olive oil. Add breadcrumbs to a shallow dish, enough to fully coat all of the smelts.

Season the breadcrumbs if you would like. Try a dash of cayenne pepper or dried herbs like parsley and oregano. In a separate dish, beat an egg with a fork.

Take a smelt and dip it into the beaten egg, then completely coat in breadcrumbs. Gently push the breadcrumbs into the smelt to encourage them to stick. Repeat until all of the smelts are coated.

Arrange the coated smelt on the greased baking pan.

Bake the smelts for approximately 20 minutes, or until the coating turns golden brown, flipping once so that both sides get crisp.

Remove the smelts from the oven and serve with a dipping sauce like tartar sauce, if desired.

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## Skillet Salmon & Parmesan Potatoes

1 (6-ounce) salmon fillet (about 1-inch thick)  
Cooking spray  
2 medium potatoes  
4 tablespoons grated Parmesan cheese  
1 lemon  
Salt and pepper to taste



Heat a nonstick skillet or grill pan over medium-high heat. Coat fish with cooking spray. Add fish to pan, and cook 6 minutes on each side or until fish flakes easily when tested with a fork.

While fish cooks, pierce potatoes with a fork; arrange in a circle on paper towels in a microwave oven. Microwave on HIGH 8 to 10 minutes, rearranging potatoes after 5 minutes. Let stand 5 minutes.

Cut cooked potatoes in half, and sprinkle with salt, pepper, and cheese.

Cut lemon in half, and squeeze lemon juice over fish.

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## Perfect Baked Salmon

Salmon  
Olive Oil  
Salt  
Pepper



Put your salmon on a foil lined baking sheet. Drizzle with olive oil salt and pepper. Put the salmon in a cold oven turn onto 400 degrees and set the timer for 25 minutes. After 25 minutes you will have perfect flaky delicious salmon.

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## Garlic and Herb Baked Cod

2 lbs. cod fillets  
1/3 cup real mayonnaise  
{not miracle whip}  
1/3 cup freshly grated Parmigiano  
Regianno cheese {no pre-grated cheese,  
please!}  
2 tablespoons each chopped fresh  
parsley and basil  
1 medium clove garlic, grated  
salt and pepper, to taste



Preheat oven to 450 degrees. Line baking sheet with parchment paper or silicone baking mat. Place fish fillets onto prepared baking sheet and set aside.

In a small bowl, stir mayonnaise together with cheese, fresh herbs, garlic, salt and pepper until combined. Spread evenly over the top of the fillets.

Bake 10-12 minutes or until fish starts looking opaque and will flake. Switch oven to broiler and brown the tops of the fish until lightly golden. Remove from oven, cool 3-5 minutes and serve.



## Crispy Cod with Lemon-Dill Sauce

2 large egg whites, lightly beaten  
1 cup panko (Japanese breadcrumbs)  
1/2 teaspoon paprika  
3/4 teaspoon onion powder  
3/4 teaspoon garlic powder  
4 (6-ounce) skinless cod fillets  
1 teaspoon black pepper  
3/8 teaspoon salt  
Cooking spray  
1/4 cup canola mayonnaise (such as Hellmann's)  
2 tablespoons finely chopped dill pickle  
1 teaspoon fresh lemon juice  
1 teaspoon chopped fresh dill  
Lemon wedges



Preheat broiler to high.

Place egg whites in a shallow dish. Combine panko, paprika, onion powder, and garlic powder in a shallow dish. Sprinkle fish evenly with pepper and salt. Dip each fillet in egg white, then dredge in panko mixture; place on a broiler pan coated with cooking spray. Broil 4 minutes on each side or until desired degree of doneness.

Combine mayonnaise, pickle, lemon juice, and dill. Serve with fish and lemon wedges.



## Yellow Fin Tuna with Fresh Pineapple Salsa

### Fresh Pineapple Salsa

2 cups of freshly diced pineapple  
1/2 cup of chopped cilantro  
1/4 cup of red onion finely chopped  
1 habanero pepper, stemmed, seeded, and finely chopped  
Juice of 1 lime (about 2 tablespoons)  
1/8 a teaspoon of salt



Slice the top of pineapple and the bottom off. Stand the pineapple on its side and with a sharp knife, slice sides of pineapple off. Cut the pineapple into small slices and then remove the core of each slice. (The core tends to be hard to eat, but I've had some pineapples where it was soft). Dice the remaining pineapple into small pieces.

Toss all of the ingredients into a bowl and chill for a couple of hours to let the flavors marinate.

### Yellow Fin Tuna

2 thick pieces of tuna (the thicker the better, mine were about 1.5")  
1 teaspoon garlic powder  
Sea Salt  
Ground Pepper

Season each side of the fish with garlic powder, fresh ground pepper and sea salt. Heat grill to medium high heat. Grill each side for about 4-5 minutes, until inside of the fish is a nice medium rare. Top with pineapple salsa! Enjoy!

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## Grilled Yellow Fin Tuna

- 1 ¼ lbs Yellow Fin Tuna
- 4 TBS soy sauce
- 2 tsp finely minced fresh ginger
- 2 tsp dark sesame oil
- freshly ground black pepper to taste
- 1 lime



In a small bowl, whisk together soy sauce, 2 tsp ginger, sesame oil, and pepper. Place tuna on a large dinner plate and pour soy marinade on top. Marinate about 15 minutes.

Five minutes before you grill, squeeze a big wedge of lime over fish, flipping to fully coat. Grill over medium-hot coals for 3 minutes a side (rare) or 4-5 minutes a side if you like it more well done.

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## Baked Herb Catfish

2 tablespoons minced fresh parsley  
1 teaspoon salt  
3/4 teaspoon paprika  
1/2 teaspoon dried thyme  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/2 teaspoon pepper  
4 catfish fillets (6 ounces each)  
2 tablespoons lemon juice  
1 tablespoon reduced-fat butter, melted  
1 garlic clove, minced



Combine the first seven ingredients; sprinkle over fillets on both sides. Place in a greased 13-in. x 9-in. baking dish. Combine the lemon juice, butter and garlic; drizzle over fillets.

Bake, uncovered, at 350° for 15-20 minutes or until fish flakes easily with a fork. Yield: 4 servings.

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## Southern Fried Catfish

4 cups all-purpose flour  
Old Bay crab boil seasoning  
salt to taste  
8 (5 to 6 oz) catfish fillets, skin removed  
1 cup corn meal  
oil for frying



Heat a fryer or a deep pot halfway filled with oil to 350°.

Sprinkle both sides of each catfish with salt and crab boil seasoning. In a separate bowl, combine the flour and the cornmeal. Dredge the catfish in the flour mixture and place in fryer.

Deep fry for approximately 7 to 8 minutes until done.

Drain on paper towels.

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## Tilapia Fish Tacos

- 1 lb. tilapia
- 2 TBS olive oil
- 4 TBS paprika
- 1 TBS chili pepper
- 1 tsp red pepper flakes
- 10 small tortillas
- 1 tomato
- 1 avocado
- 1 mango
- 1 cup cabbage
- 1/4 cup cilantro
- 1/4 cup green onions



Mix tilapia with olive oil, paprika, cayenne pepper and red pepper flakes until well coated. Grill tilapia over medium heat.

Bake tortillas in oven at 400 degrees for 5 minutes. (Use turned over muffin tins and place the tortillas so they curve upwards like a taco shell. This helps them because they won't crack as easily as they would if baked flat.)

Chop tomato, avocado, mango, cabbage, cilantro and green onions for toppings.

Shred/chunk tilapia and place in tortillas with all other ingredients, and enjoy!



## Parmesan Crusted Tilapia

$\frac{3}{4}$  cup freshly grated Parmesan cheese  
2 teaspoons paprika  
1 tablespoon chopped parsley  
 $\frac{1}{4}$  teaspoon salt (optional)  
1 tablespoon olive oil  
4 tilapia filets (about 4 oz each)  
lemon, cut into wedges



Preheat the oven to 400F. Line a baking sheet with foil.

In a shallow bowl, mix together the Parmesan, paprika, parsley and salt. Drizzle the tilapia with the olive oil, then dredge in the cheese mixture, pressing it in lightly with your fingers if necessary. Transfer to the baking sheet.

Bake until the fish is opaque in the thickest part, 10-12 minutes. Serve with the lemon slices.