



MY FISHING CAPE COD
MEMBER CONTRIBUTION COOKBOOK

BLUEFISH RECIPES




THANK YOU!

THANK YOU TO ALL OF THE MEMBERS AND FOLLOWERS OF MY FISHING CAPE COD, WHO CONTRIBUTED THEIR OWN RECIPES.

BLUEFISH IS NOT AN EASY FISH TO COOK, AND GENERALLY A CHALLENGING FISH TO CONVINCEN PEOPLE TO EAT. THERE ARE MANY TRADITIONS THAT RUN STRONG ON CAPE COD, ONE BEING CATCHING AND COOKING BLUEFISH, AND WE ARE EXCITED TO SHARE THESE TRIED AND TRUE RECIPES WITH YOU.

EACH RECIPE IN THIS BOOK WAS SUBMITTED THROUGH THE WEBSITE, FORUM, EMAIL OR ON SOCIAL MEDIA. IF YOU HAVE A RECIPE TO CONTRIBUTE, PLEASE LET US KNOW! OUR GOAL WILL BE TO CREATE AS MANY MEMBER CONTRIBUTION COOKBOOKS AS WE CAN.

ENJOY AND HAPPY COOKING!



TIPS FOR PREPARING BLUEFISH

1. BLEED THEM OUT IMMEDIATELY AND PUT THEM ON ICE RIGHT AFTER THEY'RE CAUGHT. THIS WILL HELP TO ELIMINATE SOME OF THE FISHINESS.
2. SOME PEOPLE RECOMMEND LETTING THE FILETS SOAK IN BUTTERMILK OR REGULAR MILK FOR 1 - 3 HOURS BEFORE COOKING TO TAKE THE OILINESS AND FISHINESS FLAVOR OUT.
3. CUT THE BLOODLINE OUT WHEN FILETING THE FISH, OR ASK YOUR FISHMONGER TO REMOVE IT IF PURCHASING AT A MARKET.
4. SOME SAY SMALLER BLUEFISH HAVE A LESS-STRONG FLAVOR THAN THE LARGER ONES.
5. DEX CHADSEY OF MFCC RECOMMENDS STORE-BOUGHT LOCAL SMOKED BLUEFISH PATE SERVED ON MARY'S CRACKERS FOR A DELICIOUS APPETIZER. SMOKED PATE IS A GREAT "GATEWAY" TO TRYING BLUEFISH.

SMOKED BLUEFISH

*(or any fish for
that matter)*



Make sure to soak the woodchips for at least 30 minutes so they don't burn up!

Turn on the grill to high.

Cover the rack with aluminum foil, place 2 risers (such as empty tuna cans) onto the foil and spread wood chips over the foil in a single layer. Cover the grill.

When the wood chips start to smolder, turn down the heat to the lowest setting, and place the rack with fish onto the risers.

Insert an instant read thermometer into the thickest part of the fish without touching the bone.

Partially cover the grill, propping the door opened with another tuna can or some other metal object.

Smoke until the temperature reaches 140F at the thickest part of the fish (this will take 10-15 minutes per inch of thickness depending on the internal temperature of your grill).

Let the fish rest for 15-30 minutes before serving.

THANKSGIVING BLUEFISH

Recipe Submitted By Laurie Rajewski

ASSEMBLE THE INGREDIENTS

1 whole bluefish, scaled, gutted, fins, tail and head removed, making slits across the fish (about 3-4 total)

1 lemon, cut into wedges

1 box herb stuffing mix, cooked according to package directions

1 28 oz can stewed tomatoes

PREPARE THE MEAL

Prepare the whole fish and lay out on a lined baking sheet. Preheat the oven to 350.

Put lemon wedges into the slits of the fish, then cover the fish completely in the prepared herbed stuffing mix.

Pour the stewed tomatoes over the fish, then bake in the oven for 35-40 minutes (more or less depending on the size of the fish), until the fish is cooked through and the meat is flaking.

BLUEFISH POPPERS

RECIPE SUBMITTED BY DON WURSTER

THE INGREDIENTS

1 lb bluefish
1 lemon
2 scallions, finely chopped
1 celery stick, finely chopped
Old Bay Seasoning (1 - 2 TBS depending on your preferred amount of flavor)
1 can crabmeat, drained
2 C seasoned bread crumbs
1 jalapeno, finely diced
cheddar cheese, cubed
1 C flour
1 egg, beaten
cocktail sauce
Vegetable oil

MAKE THE POPPERS

Chunk the fish, place in cold water, bring to a boil. Remove and cool in fridge overnight or for at least 2 hours.

Squeeze lemon over fish and add chopped scallions, celery, old bay seasoning to your taste, can of crabmeat, and 1 cup seasoning bread crumbs as a binder.

Mix together to tuna fish consistency, then make medium sized meatballs and place on wax paper.

Place more wax paper over and flatten out like a pancake. Place a few pieces of jalapeno pepper and cube of cheddar in middle, then roll back to a meatball.

Using three bowls, use one for the flour, one for the egg, and one for the 1 cup of seasoned bread crumbs. Dredge balls in flour, then egg, then breadcrumbs, then deep fry until golden.

Serve with cocktail sauce



MONTAUK BURGER

RECIPE SUBMITTED BY
ANDREW

INGREDIENTS

1 lb bluefish filets
2 eggs
1 C seasoned breadcrumbs
2 heaping TBS old bay seasoning
1/4 C minced onion
salt and pepper
1 sleeve ritz crackers, crushed
Tarter sauce
Potato rolls
Sliced tomato

DIRECTIONS

Mince the fillets into half inch by half inch cubes or smaller and put in a bowl. Add eggs, seasoned breadcrumbs, old Bay seasoning, minced onion, salt and pepper to taste and any other seasonings you prefer. Mix well.

Form by hand into hamburger patties, and finish by coating the flat surfaces with Ritz.

Place on wax paper on a cookie sheet and put in the freezer for up to an hour to let them a firm.

Sear in a hot oiled skillet for a couple minutes per side, and don't fiddle with them too much or they may try and break apart. Serve with tartar sauce on fresh potato rolls with a thick slice of tomato.



Bluefish Tacos

RECIPE SUBMITTED BY
CAL WHEATON

Ingredients

1 lb bluefish filets, cleaned and
patted dry and sliced into strips
1/4 C olive oil
2 TBS Mexican Spice mix (or a
packet of taco seasoning)
1 TBS minced garlic
juice of 2 limes
tortillas
shredded cheese
pico de gallo
sliced avocado

Grill 'em

Mix first 6 ingredients together
in a bowl to marinate up to one
hour, then throw it on a hot
grill or cast iron grill plate.

Serve fish in tortillas with
cheese, salsa (pico de gallo),
sliced avocado, shredded
cabbage, etc.)



SMOKED BLUEFISH PATE

RECIPE FROM FOOD & WINE MAGAZINE

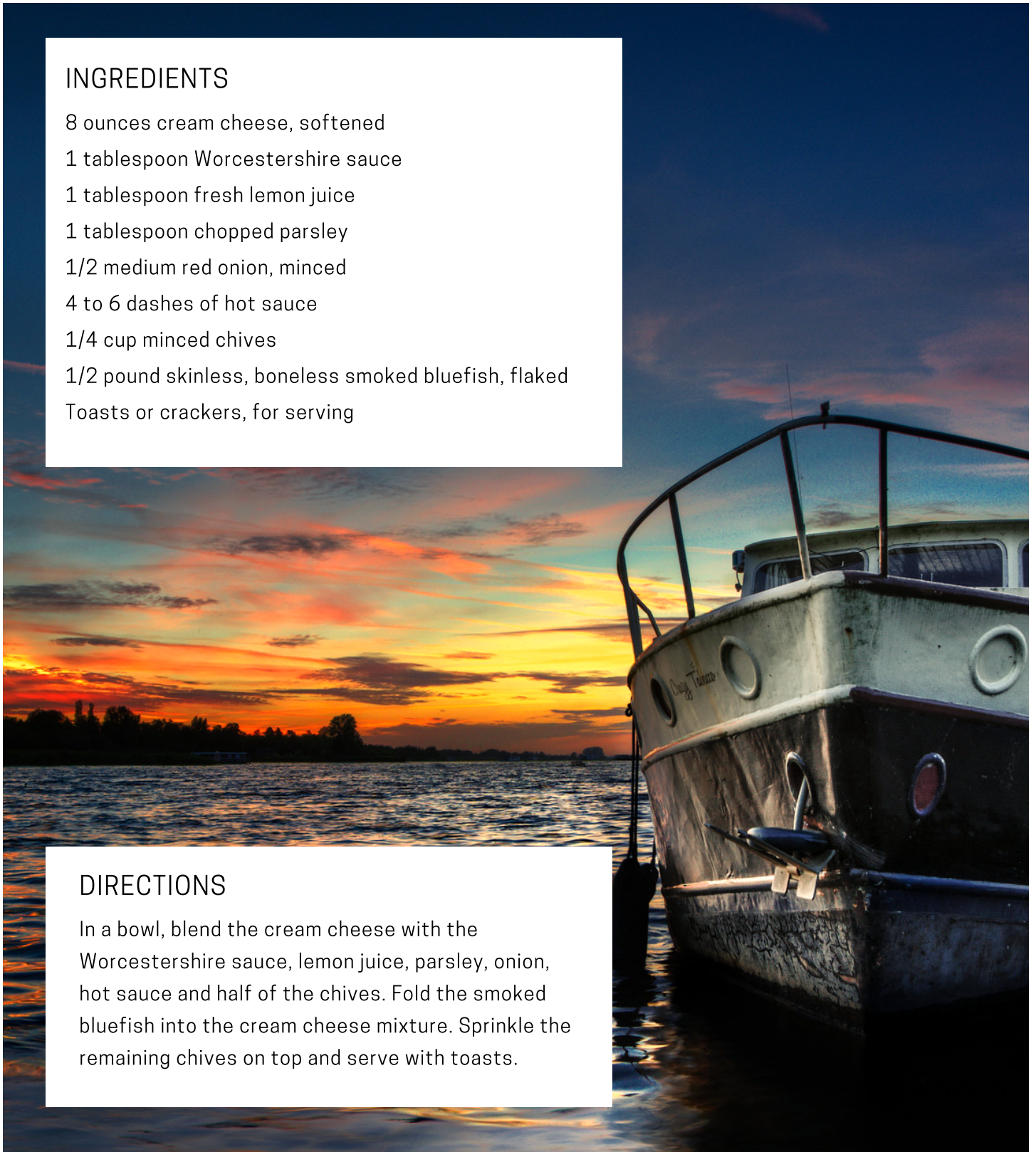
Tried, tested and approved by the Wheaton Family

INGREDIENTS

8 ounces cream cheese, softened
1 tablespoon Worcestershire sauce
1 tablespoon fresh lemon juice
1 tablespoon chopped parsley
1/2 medium red onion, minced
4 to 6 dashes of hot sauce
1/4 cup minced chives
1/2 pound skinless, boneless smoked bluefish, flaked
Toasts or crackers, for serving

DIRECTIONS

In a bowl, blend the cream cheese with the Worcestershire sauce, lemon juice, parsley, onion, hot sauce and half of the chives. Fold the smoked bluefish into the cream cheese mixture. Sprinkle the remaining chives on top and serve with toasts.



NANTUCKET BLUEFISH

RECIPE SUBMITTED BY LESLIE KALINOWSKI



INGREDIENTS

Two fresh blue fish fillets cleaned deboned and ready to bake

1 tbsp Dijon spicy mustard

2 tablespoons of mayonnaise

1/4 to 1/2 cup of seasoned bread crumbs

DIRECTIONS

Mix the mayonnaise and mustard together, then slather the mayo mixture on both sides of the blue fish fillets.

Touch both sides of the fish fillets to the bread crumbs.

Bake at 400° for 15 minutes. You can also place each fillet and its own little tin foil boat and bake it on the grill.

Finish it off with a little fresh parsley to the top of the fish.

BROILED BLUEFISH

Recipe Submitted by Justin Demers



Directions

Combine all ingredients together in a bowl to make the sauce. Set aside.

Preheat broiler to high and line a sheet pan with foil.

For one filet leave skin on and place skin side down on a sheet pan.

Smother the top side with sauce.

Broil on high close to the heat for 7 to 10 minutes or until it starts to brown and fish becomes flakey.

Serve immediately with extra sauce on side.

INGREDIENTS

1/2 cup mayo

2 TBS lemon juice

1 TBS minced garlic

1 TBS fresh herbs
chopped fine.
| Parsley, chives or
tarragon work well.

Salt and pepper to
taste.