

From the Kitchen of Duane Chapman, USGS Fish Biologist

Recipes for Fry-Cut Asian Carp Strips

Fried Asian Carp

- 1) Fry-cut silver carp strips (cut in the manner described in *Carp Lemonade* - most pieces will contain 2-4 large bones, while some pieces will be boneless).
- 2) Dry cornmeal-based seasoning (pre-mixed, or make your own from yellow cornmeal, salt, black pepper, and whatever other seasonings you desire)
- 3) Vegetable or peanut oil

Roll strips in dry coating and deep-fry until golden brown. Serve while still steaming hot. To minimize problems with the bones, eat in the following manner: break the strip in two pieces, a bit off-center. The bones will now protrude from the break. Usually all of the bones will remain in the longer piece. Pull the bones out and place them on a plate or napkin reserved for that purpose, and eat the fish - which is now boneless. Easier, by far, than eating chicken wings!

Flying Carp Wings

Prepare and eat as above, except instead of a seasoned cornmeal mix, use unadulterated corn starch, and fry until cornstarch coating is crispy. After frying, while the fish are still hot, shake strips in your favorite hot-wing sauce. Messy, but it will knock your socks off! Not for dieters!

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Recipes for Deboned Asian Carp

Fajitas Carpitas

- 1) 2 pounds deboned Asian carp meat pieces (see *Carp Lemonade* for instructions on deboning)
- 2) ½ bottle liquid fajita marinade (dry mixes can also be used)
- 3) 10 soft tortillas, fajita size
- 4) Fajita toppings as desired, such as salsa, pico de gallo, cheese, sour cream, guacamole, shredded lettuce, etc.

Marinate deboned carp pieces in the refrigerator for at least an hour. Grill over a hot fire. Use of a fish basket, or a piece of expanded aluminum mesh will help keep the fish pieces from breaking up and falling through the grill (however, if you are careful, this is not entirely necessary because the carp meat is quite firm). Place in a covered dish when removing from the grill, to keep the fish hot until delivered to the table. Diners can construct their own tortillas with their desired toppings.

Asian Carp Curry, Indian Style

2 pounds boneless Asian carp filets, in bite size pieces	½ t turmeric
3 T cooking oil	1 large onion, chopped
1 t garlic powder	1½ t salt
2 t ginger powder	½ t cayenne pepper
2 t curry powder	2 cups water
1 small can tomato sauce (tomato paste works too)	juice of lemon

Mix 1 t salt with half of turmeric and half garlic powder and rub on fish pieces. Sprinkle with lemon juice, and set aside to marinate while sauce is being made.

In large, deep frying pan or wok, saute onion in oil until golden brown. Add rest of spices and stir for a few seconds, then stir in tomato sauce. Simmer for 5-10 minutes. Add water and rest of salt. Bring to a boil and add fish pieces. Cover and simmer on low heat, without stirring, until fish flakes. This will not take more than a few minutes, depending on size and density of fish pieces. Do not overcook fish. Then spoon onto a bed of cooked white rice and garnish with something green, preferably fresh broccoli.

Options:

1. Add some vegetables (broccoli florets, yellow squash slices) into the sauce when cooking fish.
2. Add a carton of plain yogurt. This sounds strange but it is very traditional in Indian curries, and is delicious. The yogurt must be stirred in while broth is hot, just before adding fish.
3. The sauce (not with yogurt) may be made up in large batches and stored refrigerated or frozen. This makes a very quick meal if you have some fish thawed when you come home from work. Or take a frozen container of sauce with you when you go camping, and cook your fresh-caught fish in it. This is especially good when it is cold out!

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Recipes for Bone-In Asian Carp Filets

One option for dealing with Asian carp bones is simply to take the filets (an upper and a lower filet half from each side of the fish, with red meat removed but intramuscular bones still in), season appropriately, and grill, broil, steam, or smoke the fish. Then the bones can be quickly removed by simply breaking the filet lengthwise and picking out the bones. This can be done at the table or by the chef. The following recipe is just one of many ways to cook the filets. Make sure you make extra, because the leftovers are fantastic. Take the leftover fish, remove any bones, flake the meat, mix in mayonnaise, a bit more of the pepper mix, and some of the fruit salsa and make incredible fish salad sandwiches.

Jamaican Jerk Carp

- 1) 4 pounds of white meat filets from silver, bighead, or grass carp. Filets should be cut lengthwise down the center line, and skin and red meat removed.
- 2) Juice of two limes (or substitute apple cider vinegar)
- 3) Spice mix (1T paprika, 2t salt, 1t fresh ground black pepper, 1t white pepper, 1t cayenne, 1t garlic powder, 1t onion powder, ½t oregano, ½t thyme)

Rub filets generously with spice mix, and put the filets in a plastic bag. Add juice or vinegar, and shake the bag to mix well. Marinade for 20 minutes to an hour. (DO NOT EXCEED one-hour marinade time, or the acid will begin to "cook" the fish, causing it to fall apart on the grill.) Grill over a hot fire. Serve with Jamaican-style red beans and rice (called "Peas and Rice" in Jamaica) and/or a fruit salsa (see recipes which follow).

Jamaican "Peas" and Rice

1 ½ cups dried red kidney beans*	1 garlic clove, crushed
4 cups water	salt, to taste
2 cups canned coconut milk	fresh ground pepper, to taste
1 small onion, minced (optional)	1 scallion, chopped
1 sprig fresh thyme	1 fresh hot pepper
2 cups uncooked rice	

Combine the kidney beans, garlic, water and salt to taste in a saucepan. Cook covered over medium heat until tender, about 2 hours. Add the coconut milk, pepper to taste, scallion, onion, thyme and whole fresh pepper. Bring to a boil, remove the hot pepper. Then add the rice and stir. Return to a boil, cover, reduce the heat, and simmer for 25 minutes, or until all the liquids have been absorbed. Serve hot.

*Can substitute 16-oz. can of cooked beans instead. Drain and combine with water and other ingredients except rice. Boil, reduce heat and simmer for 5 minutes. Add rice, boil, reduce heat and cook about 20 minutes or until liquids are absorbed.

Fruit Salsa

2 T chopped red onion
1 T minced fresh cilantro leaves
2 cups of chopped, mixed tropical fruit using at least two of orange, mango, and pineapple. Orange and mango should be fresh, pineapple may be canned. (If desired, may also include some firm tomatoes)
Mix all and let sit for an hour in the refrigerator. Serve cold.