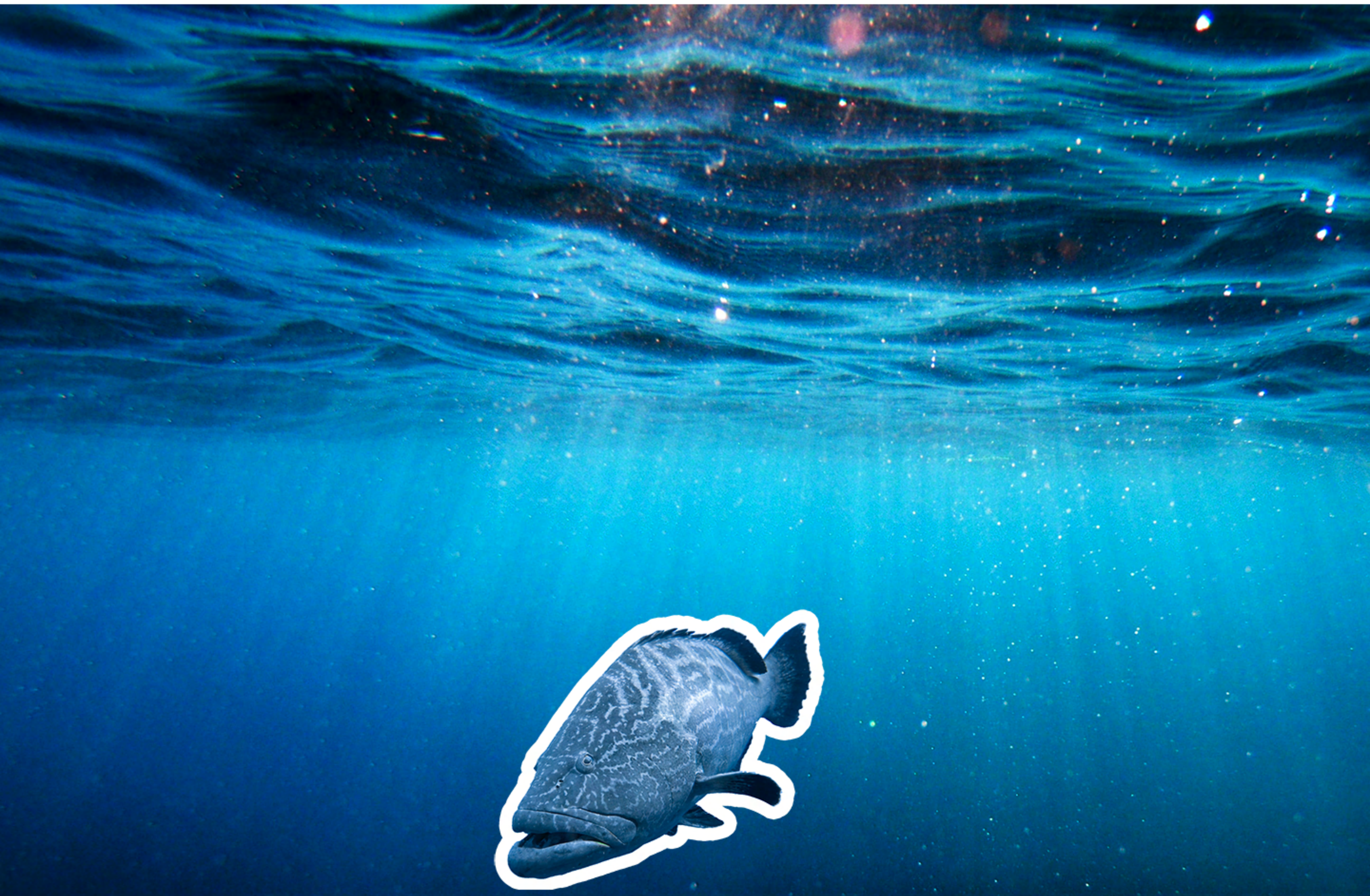
Apollo Beach Fishing Charters '

CATCHING AND COOKING

FISH OF THE TAMPA BAY



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Cooking Fish, Generally

Traditions: Plain, Upscale, Southern, Creole, Cajun, Western, Southwestern

Cooking Methods

Sautéed (blackened): use a high-temperature oil with minimal flavor. Avocado, grapeseed, linseed, sunflower, safflower.

Deep Frying: use similar oil to sautéed, but more of it.

Baking: *Method 1*: Use tinfoil and leave open. Seasoning is household seasonings. Lemon pepper and garlic. When fish is done, you'd use lemon juice and butter. Don't add butter before the fish is cooked. *Method 2:* same but close foil.

Grilling: if you want more flaky entrée, low heat. Maybe 10 minutes, both sides. Heavier texture, use a higher temperature.

Dish Descriptions

Entrée: Many people prefer blackened, filet skin on one side and leave skin on the other.

Fish tacos: Require fileting both sides. Cube, deep fry in a batter.

Fish soup or stew: Reheats well. A common cioppino or Cajun recipe will suffice.

Fish salad. Deep fry to keep together, into a crisp. Cover meat halfway full with oil. Cook in a cast iron skillet. Use a Caesar dressing.

Sides: Sweet potato, baked potato, potato wedges, brown rice, hush puppies

Vegetables: Asparagus, broccoli, salad, sliced tomatoes and avocado, string beans, seasoned collards, okra

Appetizers: Ceviche dip and fish cakes.

Restaurants To Cook Your Catch

Salt Cracker Fish Camp

Hook Waterfront Bar And Grill

Dead Bobs

Godfrey Hotel

220 East

Seasonings







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Catching Black Drum

Better for sport fishing by experienced anglers than eating, the Black Drum offers a fight and has a bite.

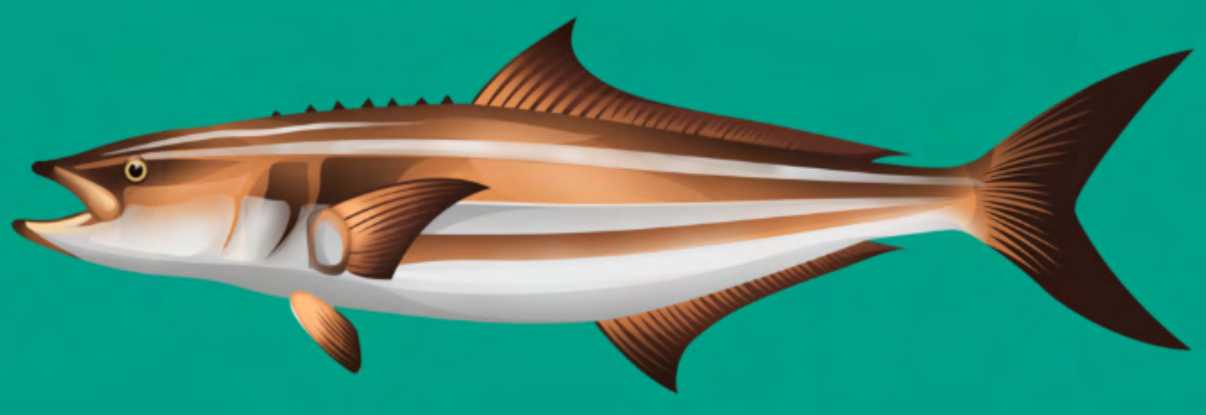


Size and weight: 12" to 24".

General Info

A saltwater fish that's a cousin of Red Drum, this fish is between 5 and 30 lbs., known for it's black and gray striped color, and possesses powerful teeth capable of crushing oysters. The Black Drum is a 'bottom feeder' and therefore not the best 'eating' (tasting) fish. It's a hard fish to target and a strong fighter. Could be appropriate for anglers and experienced sport fishing. Found near estuaries and oyster beds in temperate and warmer Atlantic regions.

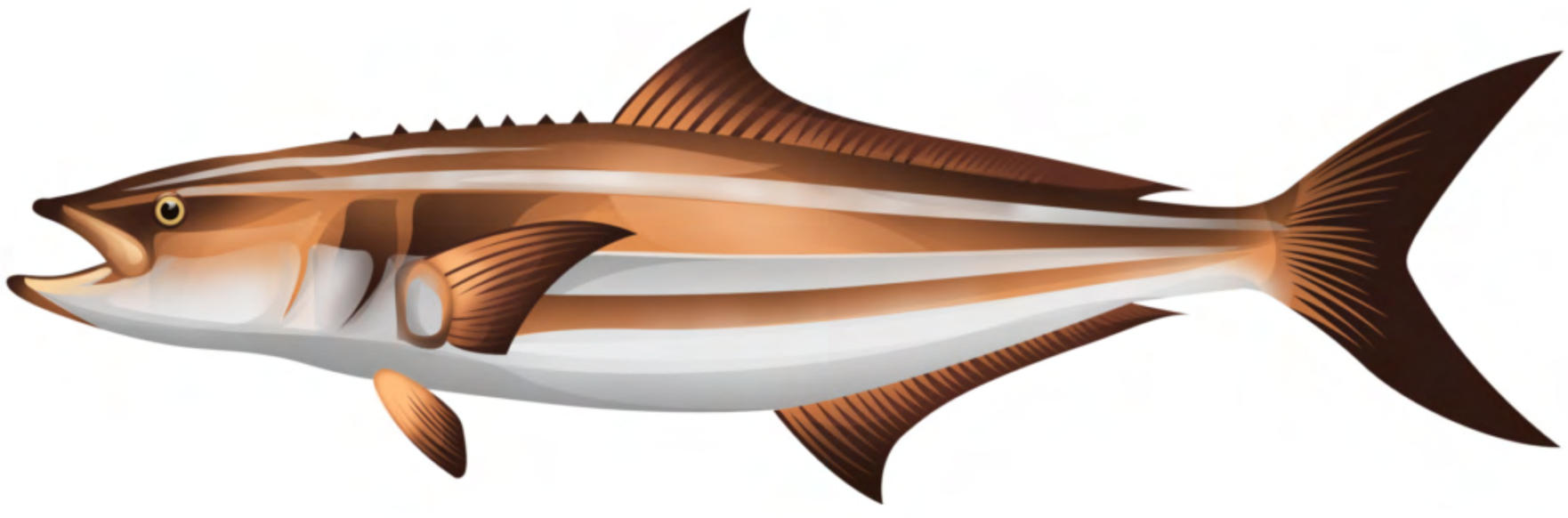
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Catching
And Cooking Cobia

Among the tastier fish you can catch, Cobia can be prepared in almost any fashion.

Catching Cobia



Size and weight: Typically between 16" and 44", they can grow up to 75". Cobia weigh between 7 and 35 lbs., but can reach over 150 lbs.

General Info

Cobia are a hard fish to target. Popular and sought-after as a trophy fish. Not particularly dangerous, but they are heavy. Like to move around when you land them in the boat. Cobia are sometimes called black kingfish, black salmon, ling, lemonfish, crabeater, prodigal son, codfish and black bonito.

When/Where

Time of year: Most active in the cooler winter months – September through February.

Location: Look for stingrays. They love to run shallow waters, and like to swim with other species of fish. They push offshore when the water warms.

Time of Tide: Most visible mid-day and when the sun is out.

How

Bait: Live bait (greenbacks, pen fish and shrimp) is good. Floating cut bait behind the boat in deep water works well.

Method: Reel and rod, with light tackle.

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Cooking Cobia



Drink Pairings



Drinks: Truly pairs with any drink

Flavor

Deliciousness: 10 out of 10.

Flavor: Very moist, flaky fish. White with no aftertaste. Similar to Snook.

Cleaning

Strike (knife) behind the gill plate, go down along the backbone. You get two filets. Skin both filets.

De-gutting: De-gutting is not necessary if you are cutting fillets – simply cut around the fish guts.

De-blooding: Spanish Mackerel, Redfish, Grouper and Sharks are typically de-blooded.

De-veining: Is recommended for larger fish, including Spanish Mackerel, Redfish, and Sharks.

Cooking

Methods: Cobia can be prepared almost any way.

Dishes: Cobia is appropriate for any dish with fish in it (see below).

Traditions: Cobia is appropriate for all the cooking traditions listed below.

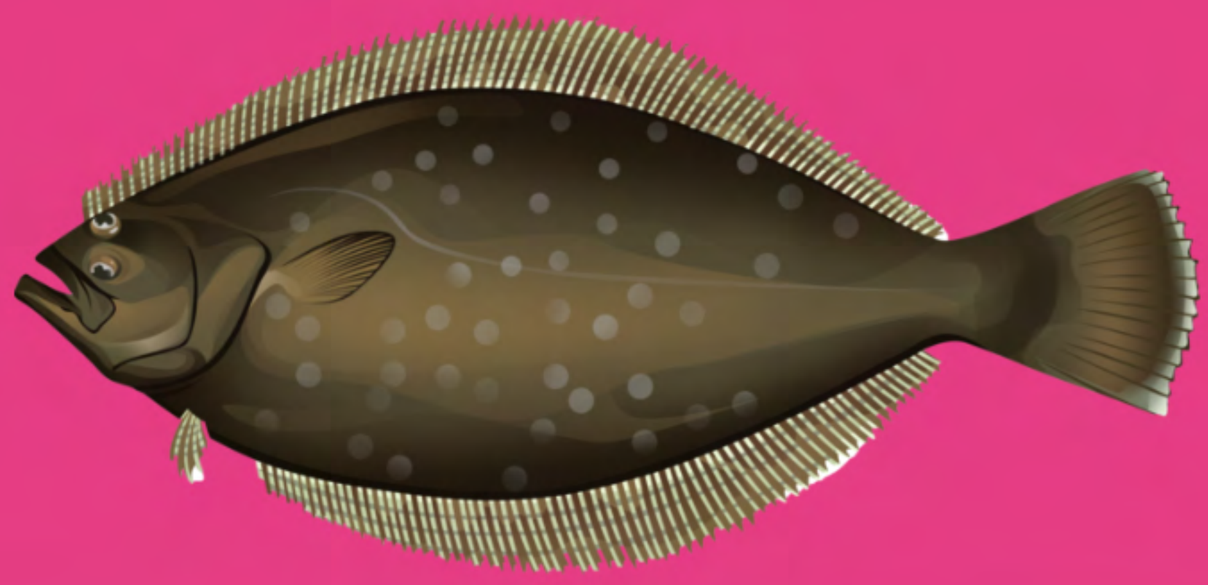
Suggested Dishes

No need to complicate things. Baked in a standard fashion, with greens and potatoes, Cobia is delicious.

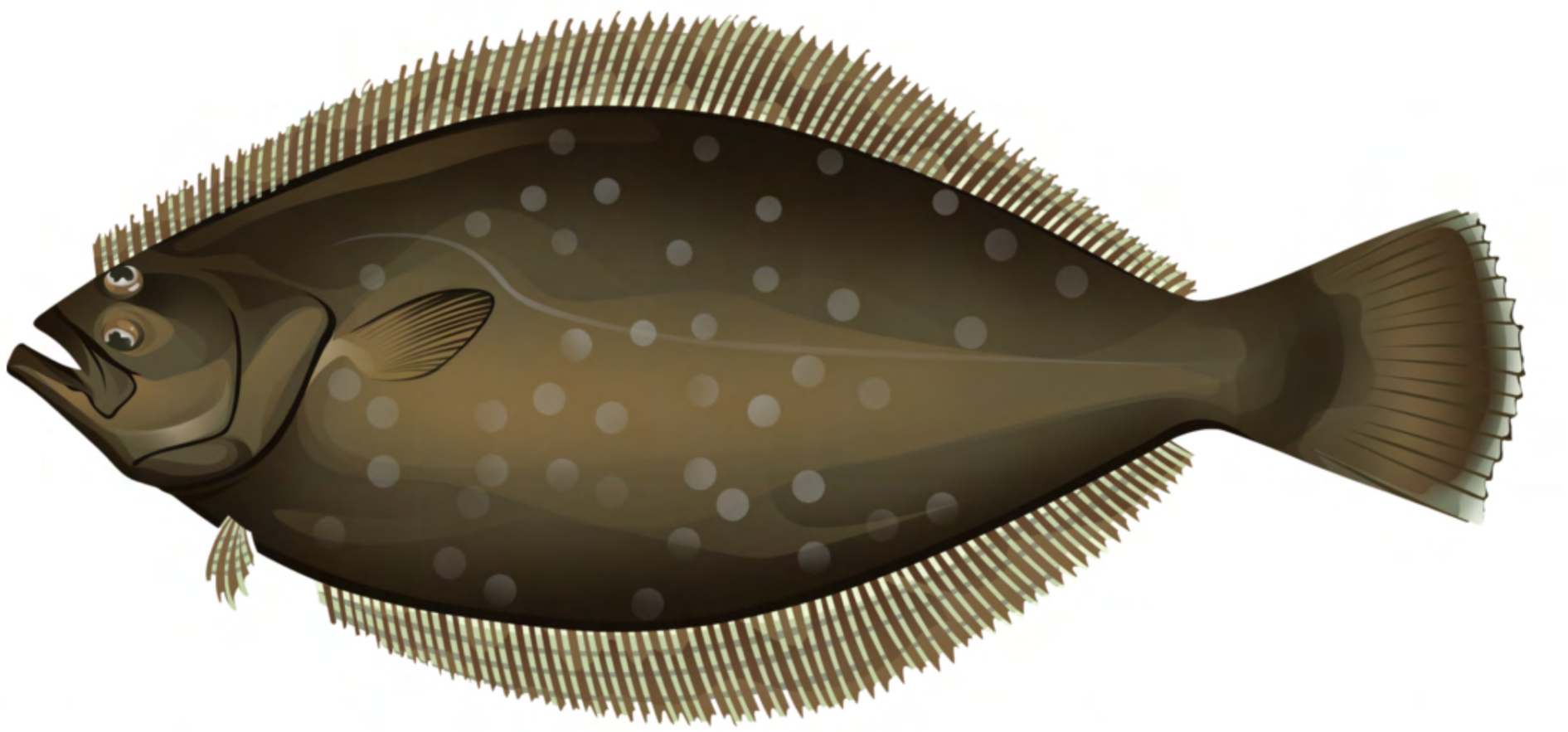
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Catching
And Cooking Flounder

With an unusual physiology, a successful catch requires getting Flounder to the boat fast



Catching Flounder



Size and weight: Flounder are not large fish. Size spans from 6” to 17”, and weight can range from .5 lbs. to 2 lbs.

General Info

Flounder are bottom-feeders with soft mouths, known for laying on their side. Flounder requires a touch and feel to catch. Anglers need to get Flounder to the boat quickly, or the catch can be lost. Their digestion and metabolism is different than other fish.

When/Where

Time of year: Active year-round in the Tampa Bay.

Location: Look at the bottom of sandy areas.

Time of Tide: Early morning and late afternoon.

How

Bait: Live shrimp.

Method: Reel and rod, appropriate tackle.

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Cooking Flounder



Drink Pairings



Drinks: No beer, sweet whites, bourbon beforehand

Flavor

Deliciousness: 10 out of 10.

Flavor: Wet fish. Lingering taste that's not fishy.

Cleaning

Strike (knife) behind the head, down backbone, and removing all skin.

De-gutting: De-gutting is not necessary if you are cutting fillets – simply cut around the fish guts.

De-blooding: Spanish Mackerel, Redfish, Grouper and Sharks are typically de-blooded.

De-veining: Is recommended for larger fish, including Spanish Mackerel, Redfish, and Sharks.

Cooking

Methods: You want Sheepshead prepared well-done, including grilled or sautéed. They are better deep-fried than baked.

Dishes: Appropriate for dishes that call for larger chunks, well-done.

Traditions: Appropriate for traditions (Creole, Cajun, Southwestern) that are not baked or diced.

Suggested Dishes

Grilled, sautéed (blackened) or deep fried go well with okra, rice, tomatoes.

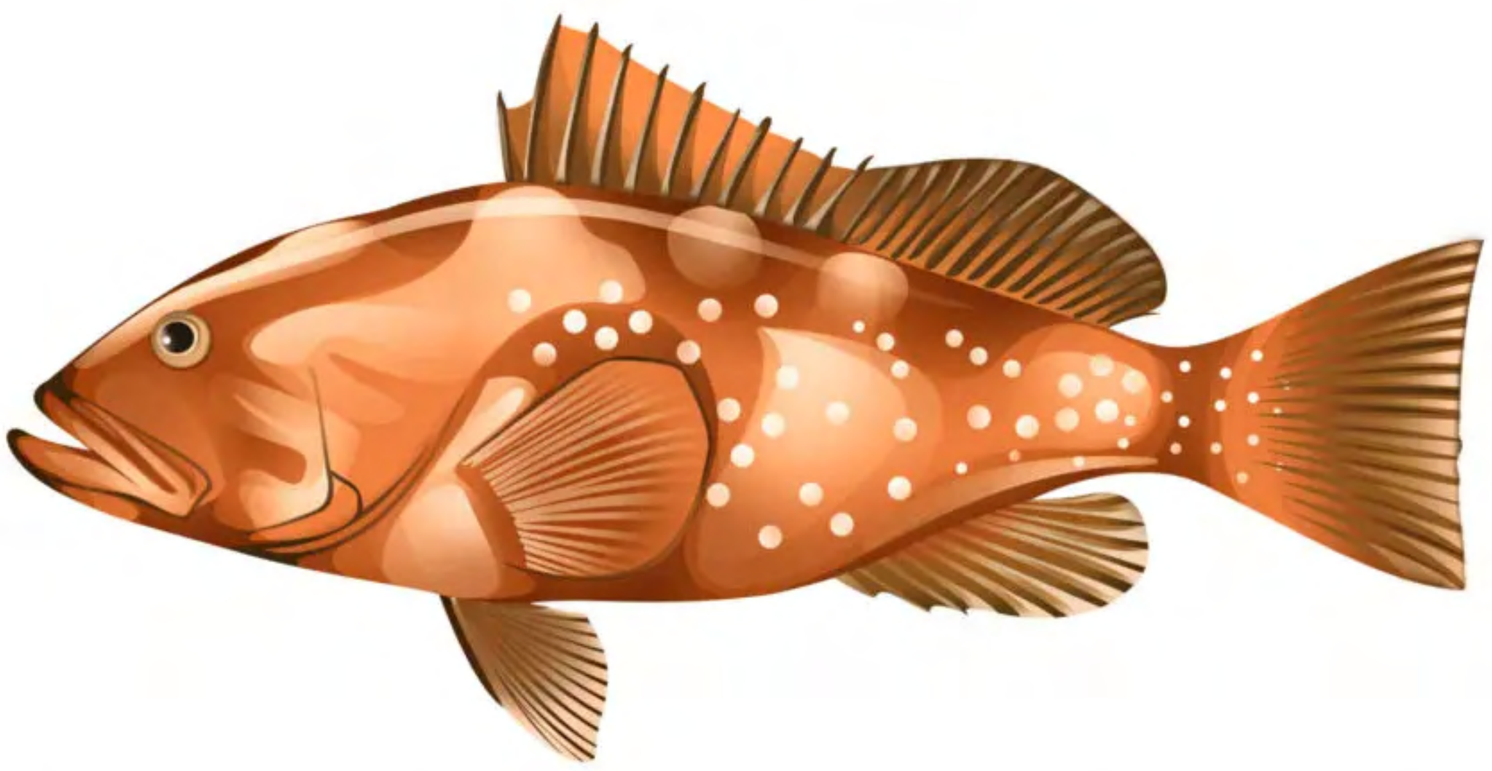
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Catching
And Cooking Grouper

A heavy and hard-fighting fish, Grouper types include Black, Gag, Goliath, Nassau, Red, Scamp, Speckled, Snowy and Warsaw.

Catching Grouper



Size and weight: Grouper can range from 20" to over 7 feet for some species. Typically they are 3 to 300 lbs. 'Goliath' grouper can weigh anywhere from 4 lbs. to 700 lbs.

General Info

Groupers are 'teleosts' with a large mouth and stout body. They eat their food whole rather than taking bites, and are tasty, despite being bottom-feeders. A dangerous fish, Groupers are aggressive and hard to catch because of their weight and strength. Fishing for Grouper in deeper waters can require patience. Grouper have teeth and are best picked up by gill plates with pliers.

When/Where

Time of year: In-shore Grouper are abundant June through September.

Location: They like rock beds where they feel safe. When you approach a structure after flats, they are in typically along the edge of this area.

Time of Tide: Best time to catch is early morning or late afternoon.

How

Bait: Live bait is best, including and-sized pen fish, knocker-rid, style.

Method: Reel and rod, with medium or heavy tackle.

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Cooking Grouper



Drink Pairings



Drinks: red wines, sweeter mixed drinks

Flavor

Deliciousness: 10 out of 10.

Flavor: Acidic and savory.

Cleaning

Strike (with a knife) behind the gill plate, cut down along the backbone. You get two filets. Leave skin on.

De-gutting: De-gutting is not necessary if you are cutting fillets – simply cut around the fish guts.

De-blooding: Spanish Mackerel, Redfish, Grouper and Sharks are typically de-blooded.

De-veining: Is recommended for larger fish, including Spanish Mackerel, Redfish, and Sharks.

Cooking

Method: You'll get a different taste based on how Grouper is prepared, with a grill providing a more savory and less sweet taste.

Grouper can be fried, grilled, baked or sautéed (blackened).

Dishes: Entrée, tacos, soup, stew, salad, or appetizer.

Tradition: Grouper is versatile enough to work into any cooking tradition (see below).

Suggested Dishes

If you deep fry, with grouper nuggets, that's a favorite. This is done by frying with an egg batter. Gives a crunch and turns into a nugget.

Baking will keep moist and give a sweeter taste.

Black beans with rice are excellent with Grouper.

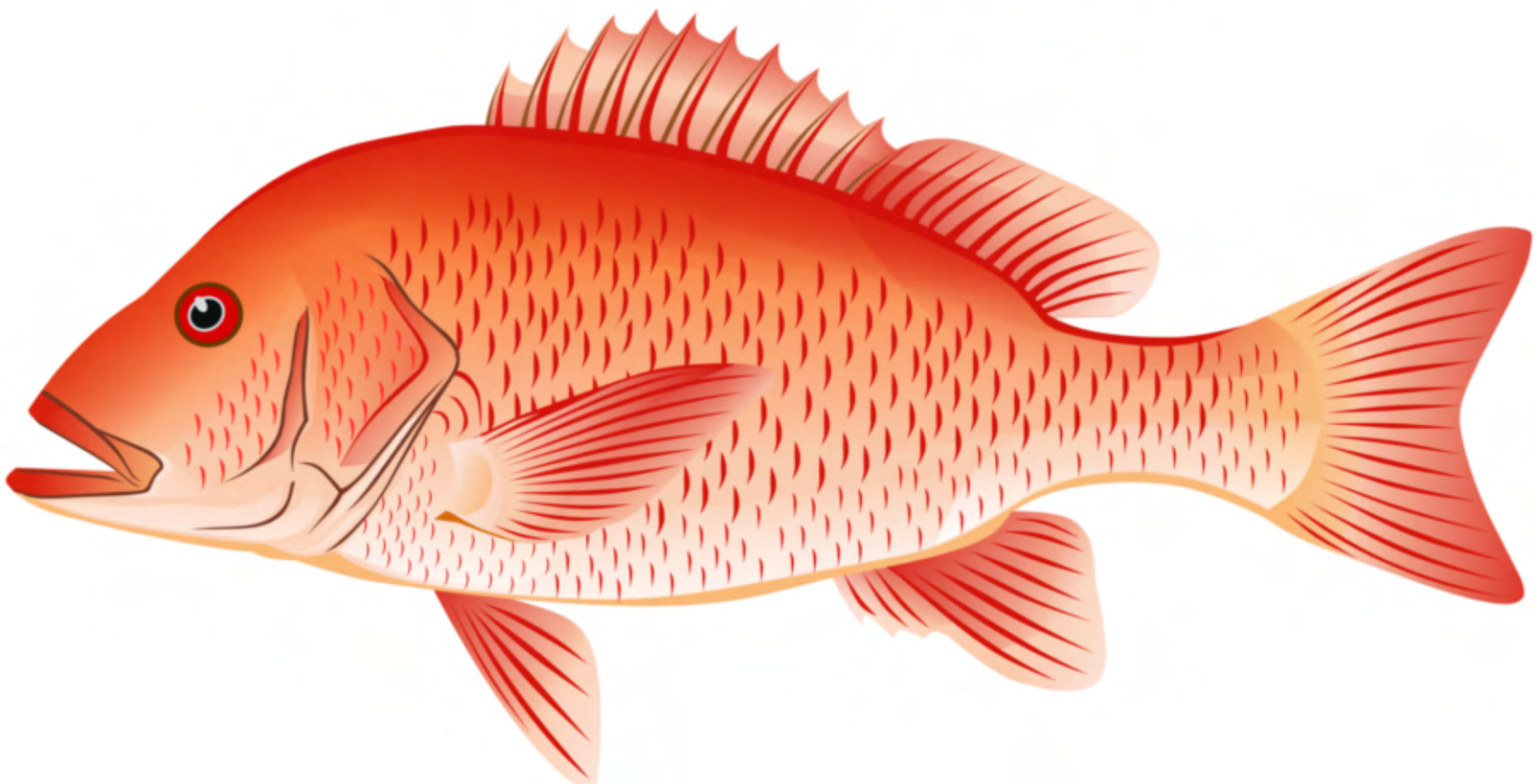
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Catching
And Cooking Mangrove Red Snapper

Not the biggest fish, but sought after for eating

Catching Mangrove Red Snapper



Size and weight: Mangrove Red Snapper averages 12" but can grow to 20". Weight ranges from 1 lb. to 4 lbs.

General Info

Mangrove Red snapper is an awesome fish to catch. They're not big enough to put up a struggle worthy of bragging rights, have been known to bite and offer a good sporting experience for a day on the water. Mangrove Red Snapper is sought-after for their delicious flavor – and can be prepared many ways. As a result, they are popular in restaurants.

When/Where

Time of year: Active in Tampa Bay area of Florida year-round. Full moons in the Summer months are ideal.

Location: Mangrove Red Snapper like to push to deep sandy bottoms.

In summer look for 19' to 25' of water over rock bed bottoms.

In the winter, look for structures like concrete pilings.

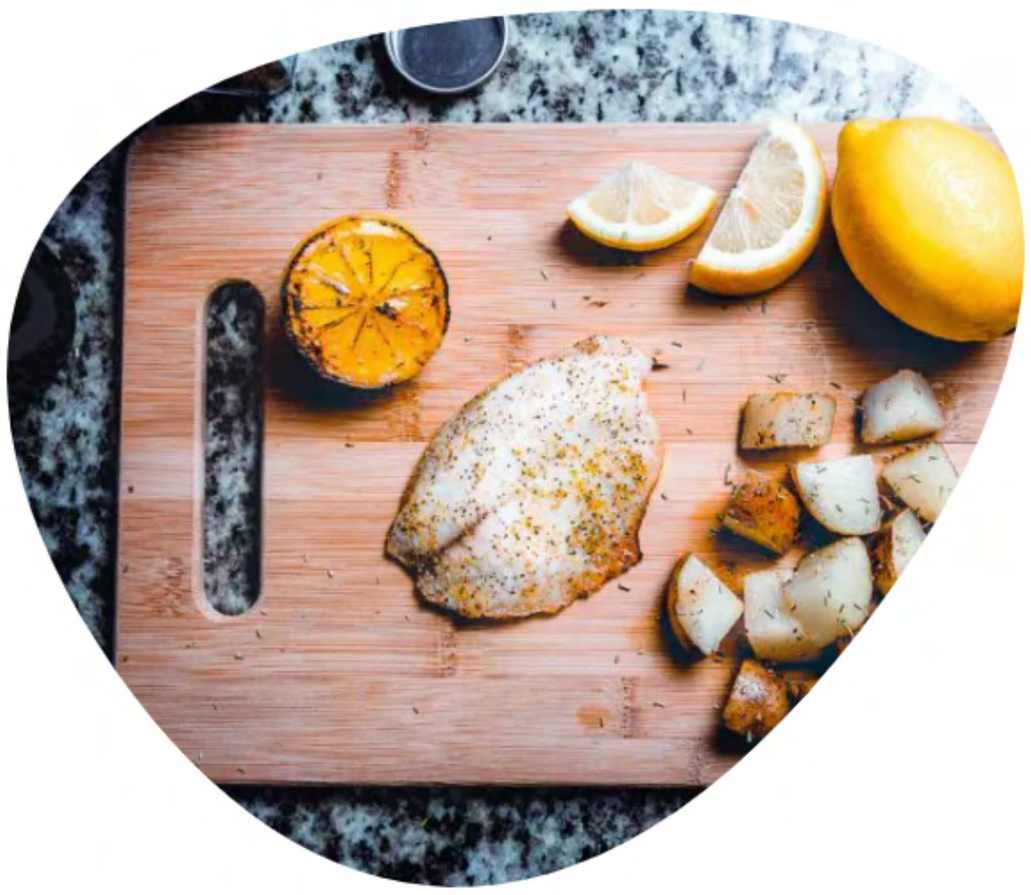
How

Bait: Cut bait, including greenbacks, shrimp, or lady fish are ideal. Live shrimp will also suffice.

Method: Reel and rod, with light tackle.

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Cooking Mangrove Red Snapper



Drink Pairings



Drinks: Sweet wines, and Bourbon (beforehand); avoid beer

Flavor

Deliciousness: 10 out of 10.

Flavor: A wetter fish. Lingering taste that's not fishy.

Cleaning

Strike (knife) behind the gill plate, go down along the backbone. You get two filets. Skin both filets

De-gutting: De-gutting is not necessary if you are cutting fillets – simply cut around the fish guts.

De-blooding: Spanish Mackerel, Redfish, Grouper and Sharks are typically de-blooded.

De-veining: Is recommended for larger fish, including Spanish Mackerel, Redfish, and Sharks.

Cooking

Methods: All cooking methods apply, but baking is especially delicious, as it holds moisture and that is the least destructive to the fish's flavor.

Dishes: Tacos, and appetizers like ceviche are especially appropriate, as it's a delicious fish that is on the wetter side.

Traditions: Appropriate for any tradition or style (below).

Suggested Dishes

Can be stuffed with crab meat. Stuff belly and pan fry in high-temperature oil with garnish of asparagus or onions.

Season with lemon pepper, garlic, salts or keto seasonings (below).

Like other delicious fish, Mangrove Red Snapper goes exceptionally well simply prepared: baked, with greens. A loaded baked potato is a great side.

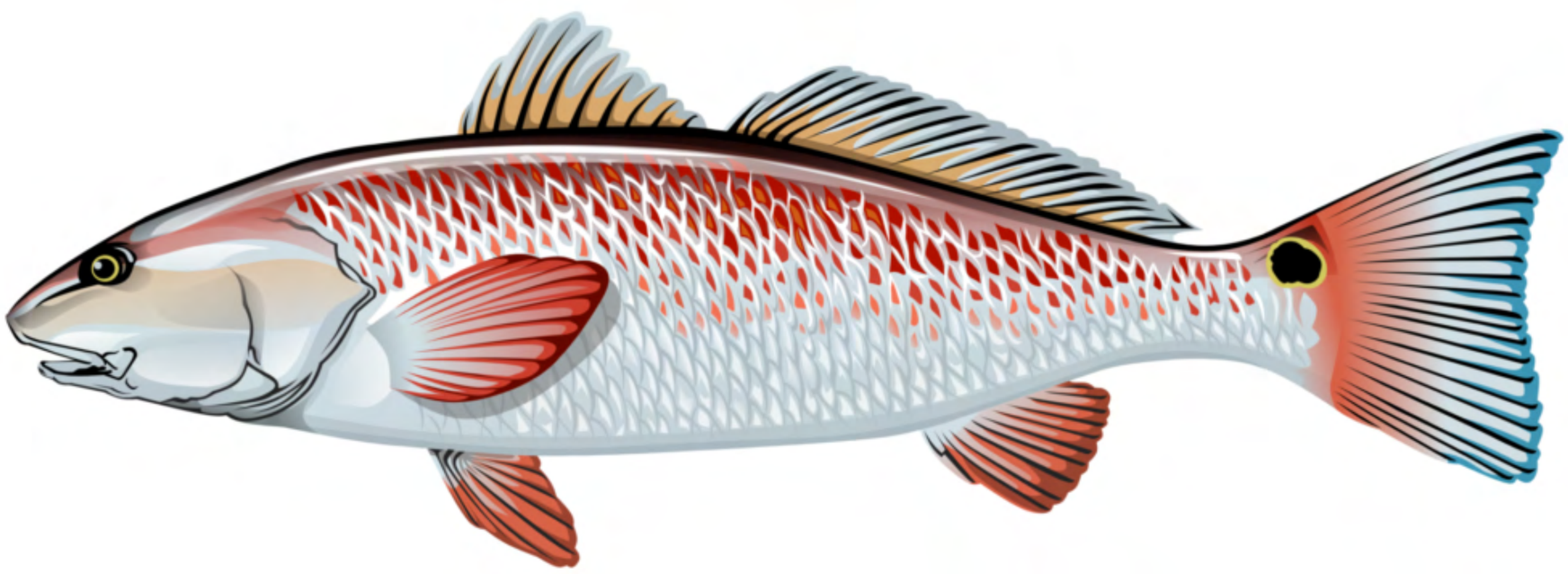
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Catching
And Cooking Redfish

Captain Gavin O'Neal offers his proprietary secrets on hooking and cooking this delicious Tampa Bay fish.

Catching Redfish



Size and weight: 18" to 30" or more. The more south or north you go (from Florida), the fish can get bigger. Myrtle Beach has some measuring 40".

General Info

Redfish is one of our favorites, as it is one of the more fun fish to catch. They're big, heavy, and beautiful, with a distinctive black spot on the tail. Common on the Atlantic coast and in the Gulf of Mexico, Redfish, sometimes called Red Drum, Channel Bass, or Puppy Drum comes from the Drum family. Mostly caught by sport fishermen (rather than commercial

When/Where

Time of year: Red fish are active year-round. From October to the hottest part of the summer. Very active from March to July.

Location: Red Fish love the brush and mangroves, a tree that grows along the coasts of saltwater. Red Fish stay in shallow or deeper waters.

How

Bait: Live bait is best, and a small hook helps them bite. It's best to have different varieties of bait, including greenbacks (in cooler water), pinfish (for hotter water and season, will stay up in the brush), and shrimp for Spring fishing.

Method: Reel and rod, with light tackle, and chum.

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General Info

fishermen), Red Fish are the 'ultimate fighting' fish, and anglers seek them for this fight. Will never show its face, unlike a snook. They are lazy during the Summer.

When/Where

Time of Tide: At low tide, the bait gets inside the roots and they are drawn to it. Similarly, they eat shrimp and bait in barnacles on roots.

Cooking Redfish



Drink Pairings



Drinks: White wine, sweet tea, session light beer with lemon, bourbon

Flavor

Deliciousness: 7 out of 10.

Flavor: Redfish have little aftertaste, and are not especially fish-smelling, despite being savory. The texture is very tender, dryer than some fish.

Cleaning

Strike (knife) behind the gill plate, bisect along the backbone, producing two filets. Leave the the skin on and cook.

De-gutting: De-gutting is not necessary if you are cutting fillets – simply cut around the fish guts.

De-blooding: Spanish Mackerel, Redfish, Grouper and Sharks are typically de-blooded.

De-veining: Is recommended for larger fish, including Spanish Mackerel, Redfish, and Sharks.

Cooking

Methods: Redfish be fried, grilled, baked or sautéed (blackened), and can be worked into most any cooking tradition (see below).

Dishes: Redfish is appropriate for any of the dish styles (see below).

Traditions: Redfish is appropriate for any fishing tradition (see below).

Suggested Dishes

Use tinfoil and leave open. Seasoning is household seasonings. Lemon pepper and garlic. When fish is done, you'd use lemon juice and butter. Don't add butter before the fish is cooked.

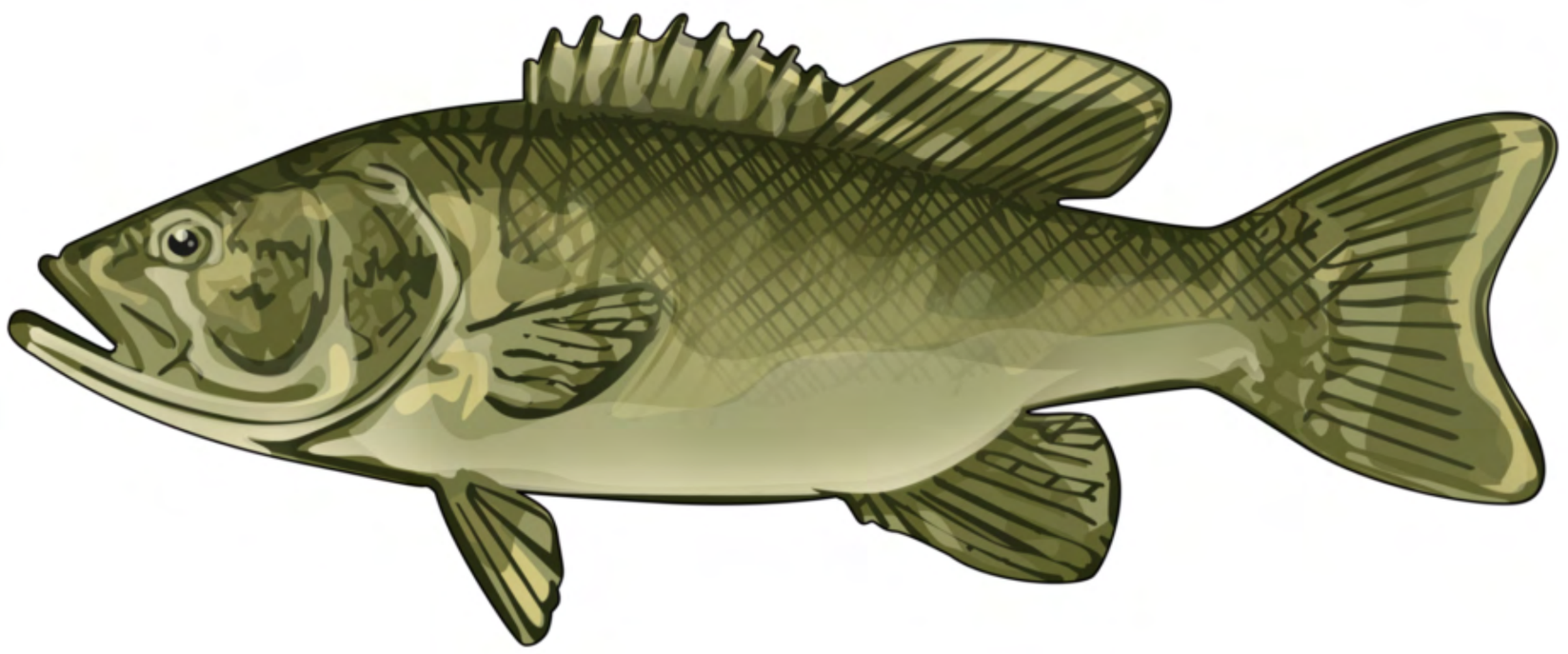
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Catching
And Cooking Sea Bass

A difficult fish to catch



Catching Sea Bass



Size and weight: Sea bass are under 16" and typically weigh under one lb.

General Info

A very small fish that is limited to 5, and under 16" to catch in the Tampa Bay.

When/Where

Time of year: Year-round.

Location: Sea Bass prefer rocky bottoms.

Time of Tide: Early morning or later in the afternoon.

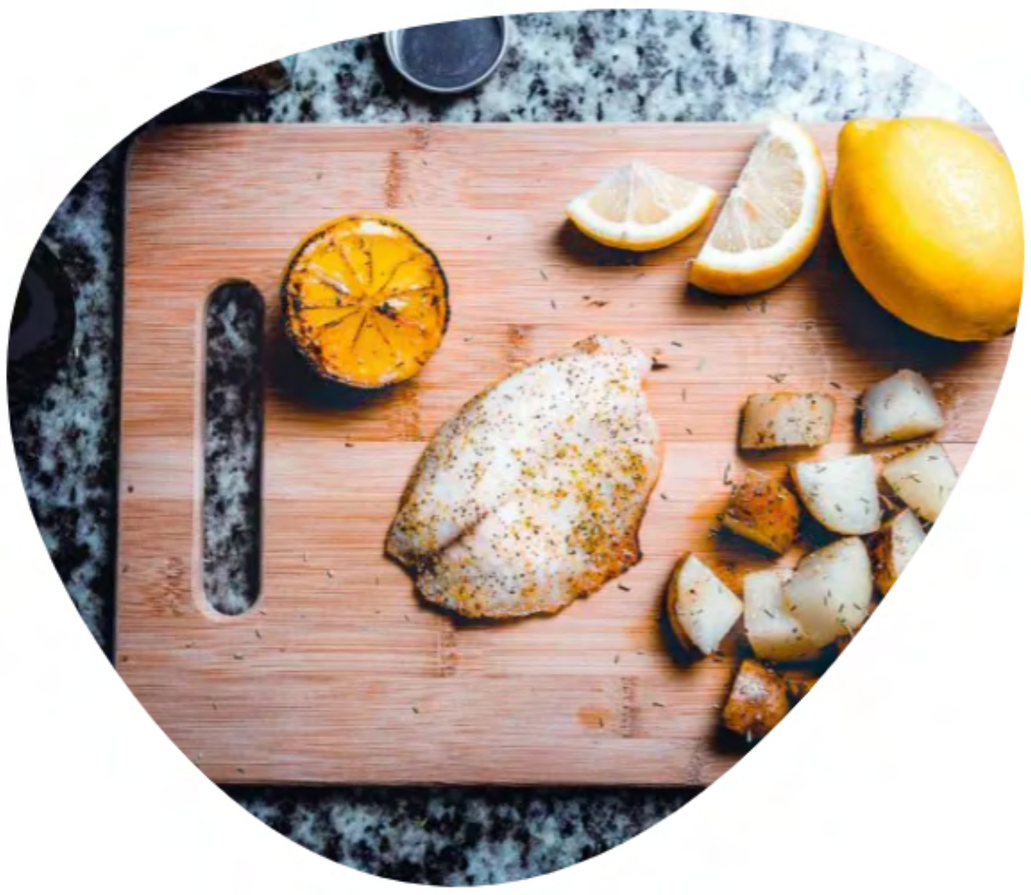
How

Bait: Live shrimp.

Method: Reel and rod, with light tackle, and chum.

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Cooking Sea Bass



Drink Pairings



Drinks: No beer, sweet whites, bourbon beforehand

Flavor

Deliciousness: 10 out of 10.

Flavor: Not fishy tasting.

Cleaning

Strike (knife) behind the head, down backbone, and removing all skin.

De-gutting: De-gutting is not necessary if you are cutting fillets – simply cut around the fish guts.

De-blooding: Spanish Mackerel, Redfish, Grouper and Sharks are typically de-blooded.

De-veining: Is recommended for larger fish, including Spanish Mackerel, Redfish, and Sharks.

Cooking

Methods: Pan frying is recommended.

Dishes: Any dish for which pan frying cooking is appropriate.

Traditions: Plain or upscale, Sea Bass is delicious and over-seasoning can mask it's natural flavor.

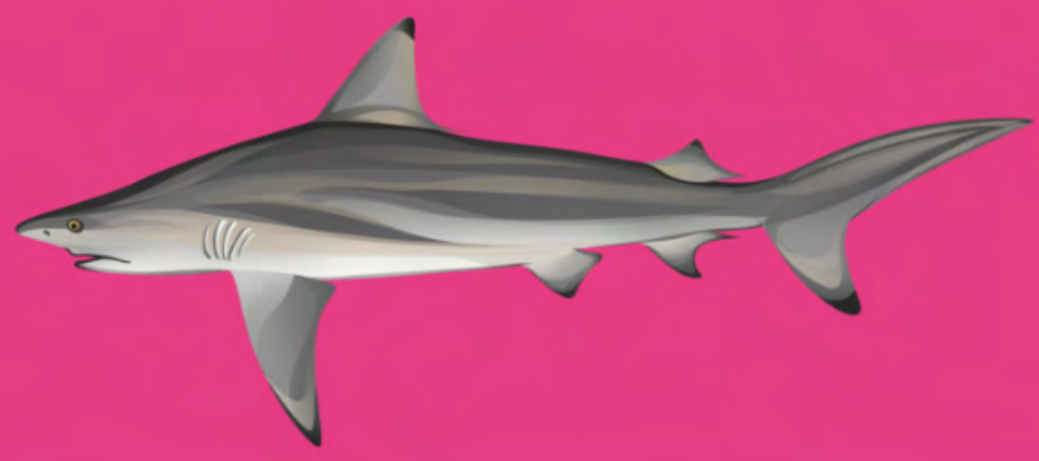
Suggested Dishes

Sea Bass goes great with potatoes, salads, grilled veggies, lemon rice, roasted carrots and dill, quinoa, mashed potatoes, and over-baked sweet potato fries.

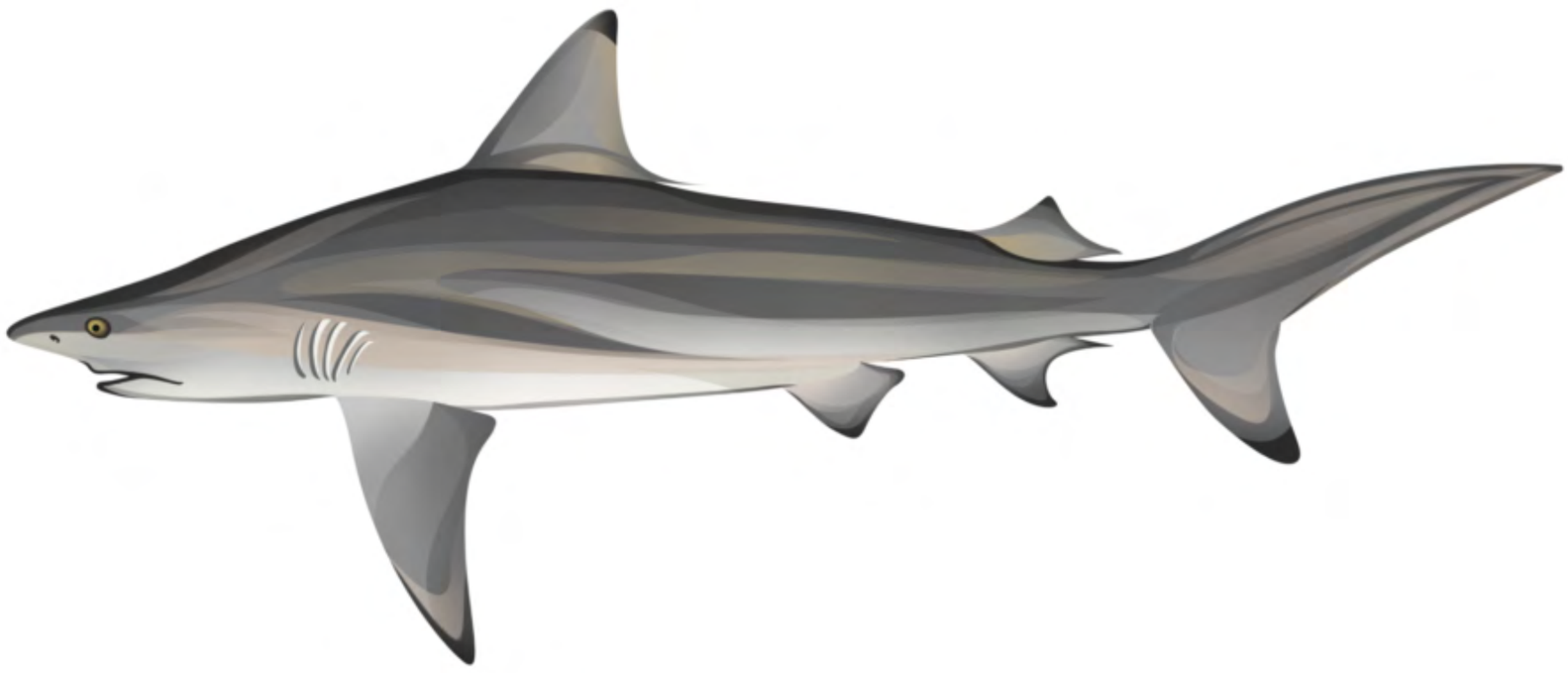
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Catching
And Cooking Shark

Not the best-tasting, and in some cases not legal to catch and kill, a shark catch may be a bucket list item



Catching Shark



Size and weight: Many species are between 18" and 32", and weigh between 3 and 11 lbs.

General Info

Sharks gestate twice a year between 8 and 11 months. Eating some kinds of shark is permitted, but Nurse, Lemon, and Black Tips have to be returned to the water if caught. Bonnet sharks, which are small and tender, provide the best eating. Other species include Black Nose, Blacktip, Bonnethead, Bull, Hammerhead, Lemon, Nurse, Tiger, and Spinner.

When/Where

Time of year: Sharks are active year-round.

Location: Sharks like warmer areas. In winter, plants that warm the water are good for shark fishing. Typically sharks inhabit coastal seagrass, sand, or rubble habitats.

Time of Tide: Between 4 pm and 9 am.

How

Bait: Cut bait including greenbacks, shrimp, lady fish are best for shark fishing.

Method: Reel and rod, with light tackle, and chum.

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Cooking Shark



Drink Pairings



Drinks: Fine white wines

Flavor

Deliciousness: 4 out of 10.

Flavor: Very dry, bland, plain. Requires seasoning for flavor.

Cleaning

Cut all fins off. Strike behind back and down backbone.

De-gutting: De-gutting is not necessary if you are cutting fillets – simply cut around the fish guts.

De-blooding: Spanish Mackerel, Redfish, Grouper and Sharks are typically de-blooded.

De-veining: Is recommended for larger fish, including Spanish Mackerel, Redfish, and Sharks.

Cooking

Methods: Redfish be fried, grilled, baked or sautéed (blackened), and can be worked into most any cooking tradition (see below).

Dishes: Shark is better-suited for steaks.

Traditions: Because of it's unusual texture and rarity, shark might not be ideal for soups, stews, and appetizers that other 'fish' might be better suited for.

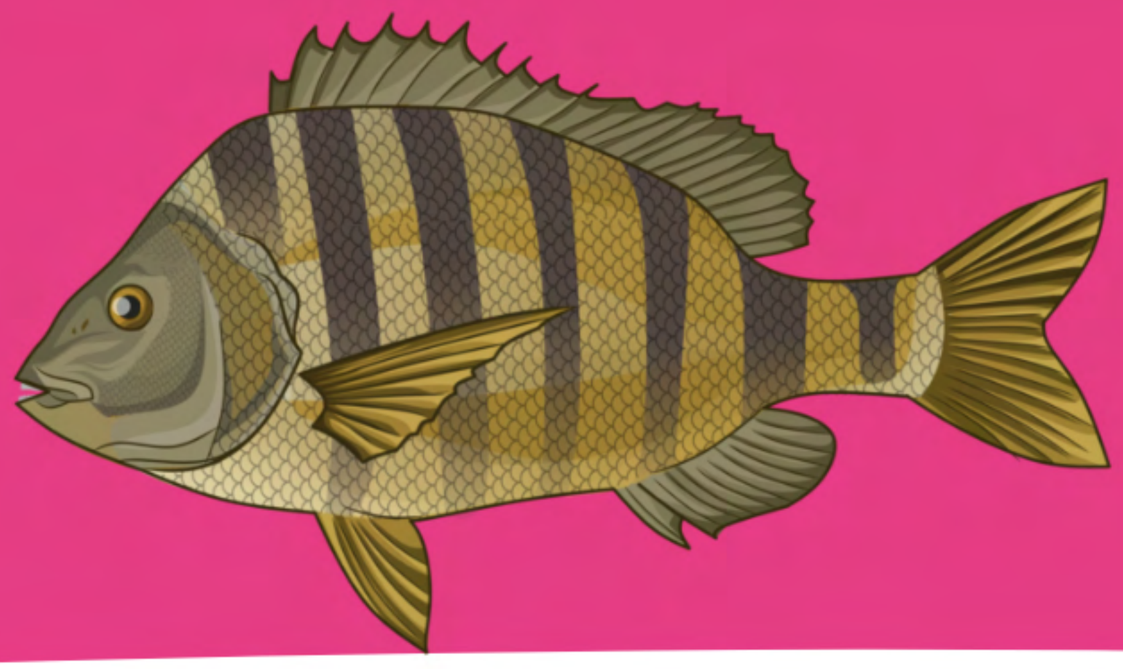
Suggested Dishes

Shark flank steak is a popular dish.

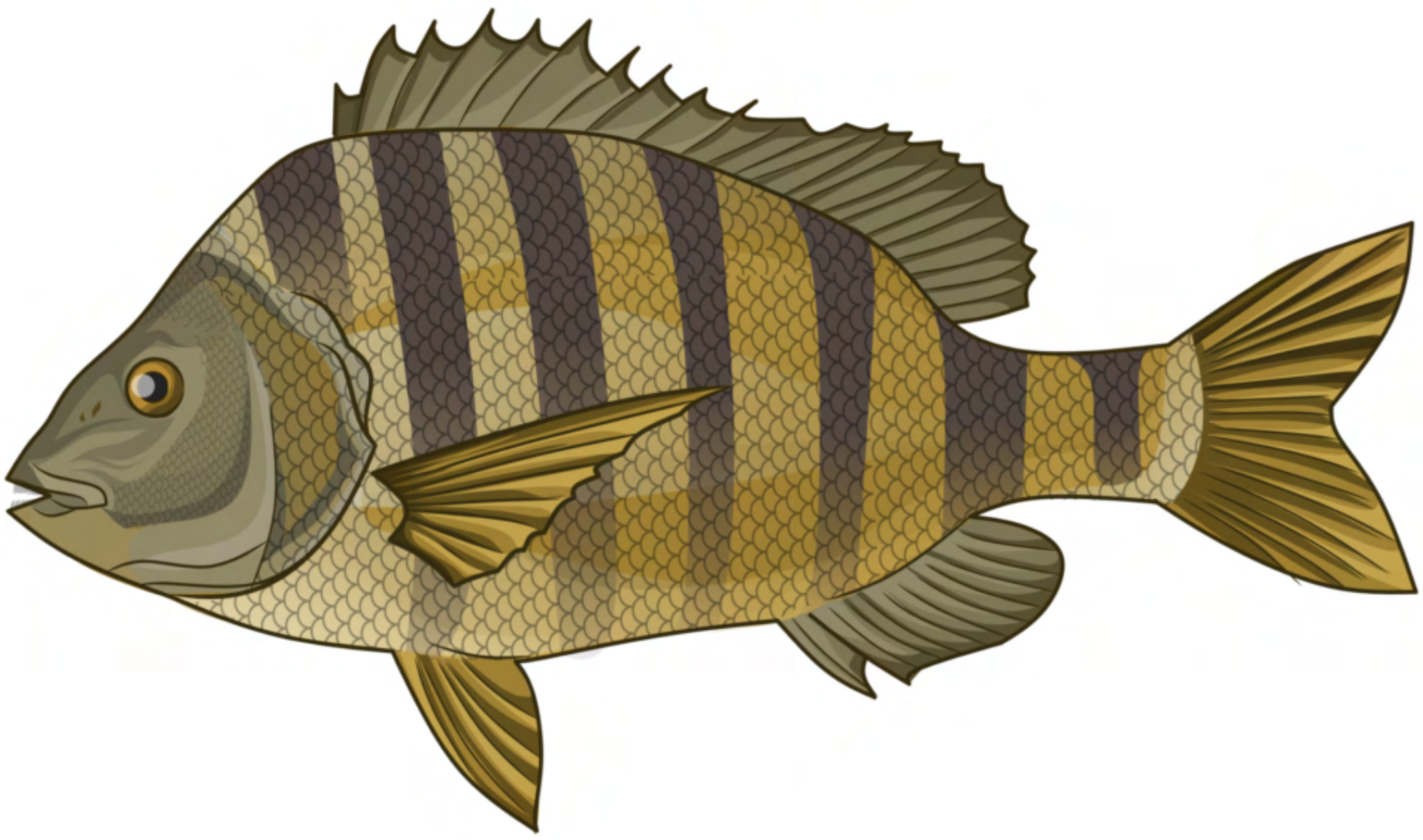
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Catching And Cooking Sheepshead

A fun and tasty catch, but watch out for their bite



Catching Sheepshead



Size and weight: Sheepshead range between 5" to 23", but can exceed 30". They typically weigh between 2 and 12 lbs.

General Info

Sheepshead are a fun but difficult fish to catch. Their bite can be tricky, and they are heavy and fight aggressively for a small fish. Sheepshead have have teeth like a horse and a lot of biting power for their size.

When/Where

Time of year: Active during the winter months, when they spawn.

Location: Found in the Western Atlantic, from Nova Scotia to Brazil, Sheepshead are a bottom-feeding fish, and like structures including concrete pilings, rock beds.

Time of Tide: Best fishing is during the outgoing tide.

How

Bait: Fiddler crabs.

Method: Reel and rod, with light tackle.

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Cooking Sheepshead



Drink Pairings



Drinks: No beer, sweet whites, bourbon beforehand

Flavor

Deliciousness: 10 out of 10.

Flavor: Wet fish. Lingering taste that's not fishy.

Cleaning

Strike (knife) behind the head, down backbone, and removing all skin.

De-gutting: De-gutting is not necessary if you are cutting fillets – simply cut around the fish guts.

De-blooding: Spanish Mackerel, Redfish, Grouper and Sharks are typically de-blooded.

De-veining: Is recommended for larger fish, including Spanish Mackerel, Redfish, and Sharks.

Cooking

Methods: You want Sheepshead prepared well-done, including grilled or sautéed. They are better deep-fried than baked.

Dishes: Appropriate for dishes that call for larger chunks, well-done.

Traditions: Appropriate for traditions (Creole, Cajun, Southwestern) that are not baked or diced.

Suggested Dishes

Grilled, sautéed (blackened) or deep fried go well with okra, rice, tomatoes.

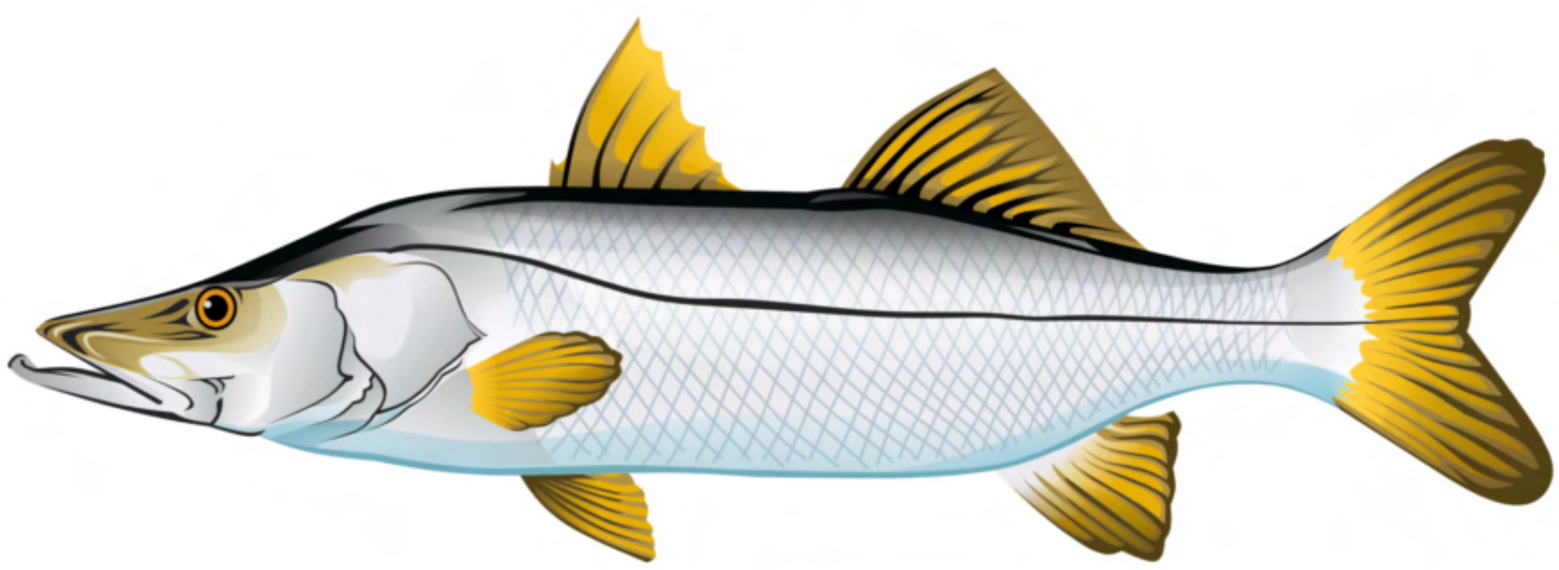
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Catching
And Cooking Snook

Considered a trophy fish, Snook are a rare treat and a good eat



Catching Snook



Size and weight: Snook can vary a lot, but adult Snook are typically 40” to 42”. Weight can range from 8 to 22 lbs., with healthier ones reaching 30 lbs.

General Info

Sometimes known as the Sergeant Fish or Robalo, found in the Gulf Of Mexico down to South America. Snook are considered a trophy fish because it’s not every day that you can catch one. You get bragging rights above 40” – which is exceedingly rare, as the Snook is a slow-growing fish. Snook are fun to catch, but can be dangerous to handle, as they have gill plates as sharp as razor blades! Interestingly, you can put fingers in their mouth – as they have no teeth and no draw strength.

When/Where

Time of year: Snook are active all year and follow the patterns of the Red Fish.

Location: Snook prefer shallow water. Bigger Snook will be on flats – near a sandy beach. You would not use live bait to catch Snook.

Time Of Tide: Best time of day is the 2-hour window around dawn and dusk, or when tides are moving.

How

Bait: You can chum for for Snook. Sling greenbacks into the water.

Method: Reel and rod, with light tackle, and chum.

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Cooking Snook



Drink Pairings



Drinks: White wine, Sweet tea, Session light beer with lemon, Bourbon

Flavor

Deliciousness: 8.5 out of 10.

Flavor: Big, savory taste that isn't too fishy. Can be flaky and/or moist.

Cleaning

Strike behind the the jaw plate, cut down backbone. That's the filet. Remove skin from both sides.

De-gutting: De-gutting is not necessary if you are cutting fillets – simply cut around the fish guts.

De-blooding: Spanish Mackerel, Redfish, Grouper and Sharks are typically de-blooded.

De-veining: Is recommended for larger fish, including Spanish Mackerel, Redfish, and Sharks.

Cooking Style

Methods: Snook can be deep fried, grilled, baked or sautéed (blackened).

Dishes: Snook works as an entrée, in tacos, soup or stew; in a salad or as an appetizer (fish cakes or ceviche)

Tradition: Snook is versatile and flavorful enough to work with any cooking tradition.

Dishes

Snook is great to blacken or sauté. Use garlic salt, garlic powder, and lemon powder. Add vinaigrette and olive oil.

Baking: Snook is delicious when baked on tinfoil with with Vidalia onions.

Grilling: If you want more flaky Snook entrée, grill on low heat. Maybe 10 minutes, both sides. For a heavier texture, use a higher temperature.

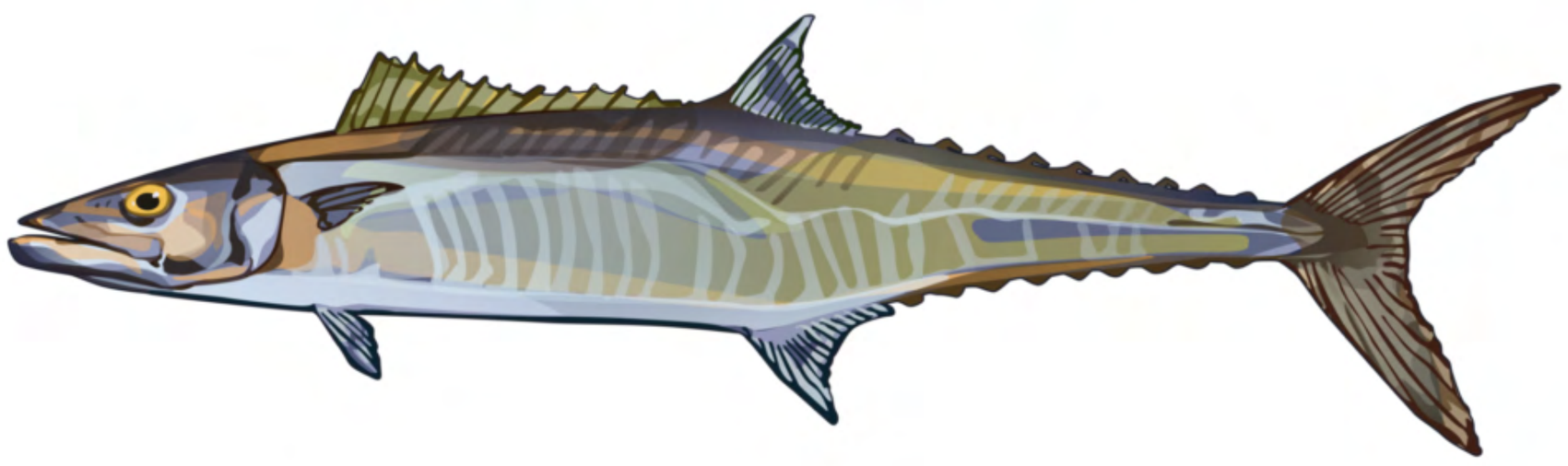
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Catching
And Cooking Spanish Mackerel

Prized in India and Sri Lanka for its flavor, Spanish Mackerel are sometimes called Seerfish or Seer Fish

Catching Spanish Mackerel



Size and weight: Range from 11" to 22", with a maximum size of around 25". They can weigh between 1 and 3 lbs.

General Info

A relative of Tuna and found pretty much worldwide, Spanish Mackerel are a fun and easy fish to catch. That said, they can be dangerous to handle – with sharp teeth like a lizard fish or an alligator. With a distinctive long nose, they are considered a 'junk' or 'trash' fish to many, but can be acceptable eating if deep fried.

When/Where

Time of year: Year round fish, but more active in cooler months, but not dead winter. October and November.

Location: Spanish Mackerel are a **s**uspended fish more than a bottom fish. They prefer deeper waters: between 20' to 25'.

Time of Tide: Dawn or dusk are the best times of day to fish. Their prey – small fish, sand eels, launce, shrimps, squid and so on – are also most active around these times.

How

Bait: Cut bait – greenbacks, shrimp, lady fish.

Method: Reel and rod, with appropriate tackle.

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Cooking Spanish Mackerel



Drink Pairings



Drinks: Avoid beer; pairs well with sweet wines and Bourbon (beforehand)

Flavor

Deliciousness: 10 out of 10.

Flavor: Wet fish. Lingering taste that's not fishy.

Cleaning

Standard cleaning: strike (knife) behind the gill plate, go down along the backbone. You get two filets. Skin both filets.

De-gutting: De-gutting is not necessary if you are cutting fillets – simply cut around the fish guts.

De-blooding: Spanish Mackerel, Redfish, Grouper and Sharks are typically de-blooded.

De-veining: Is recommended for larger fish, including Spanish Mackerel, Redfish, and Sharks.

Cooking

Methods: Would sauté or blacken, or deep fry. Seasoned like Red Fish. Spanish Mackerel don't taste good if they are not cooked properly.

Dishes: Appropriate for dishes that require fried fish, including tacos.

Traditions: Appropriate for traditions that require fried fish.

Suggested Dishes

Appropriate with standard greens and sides.

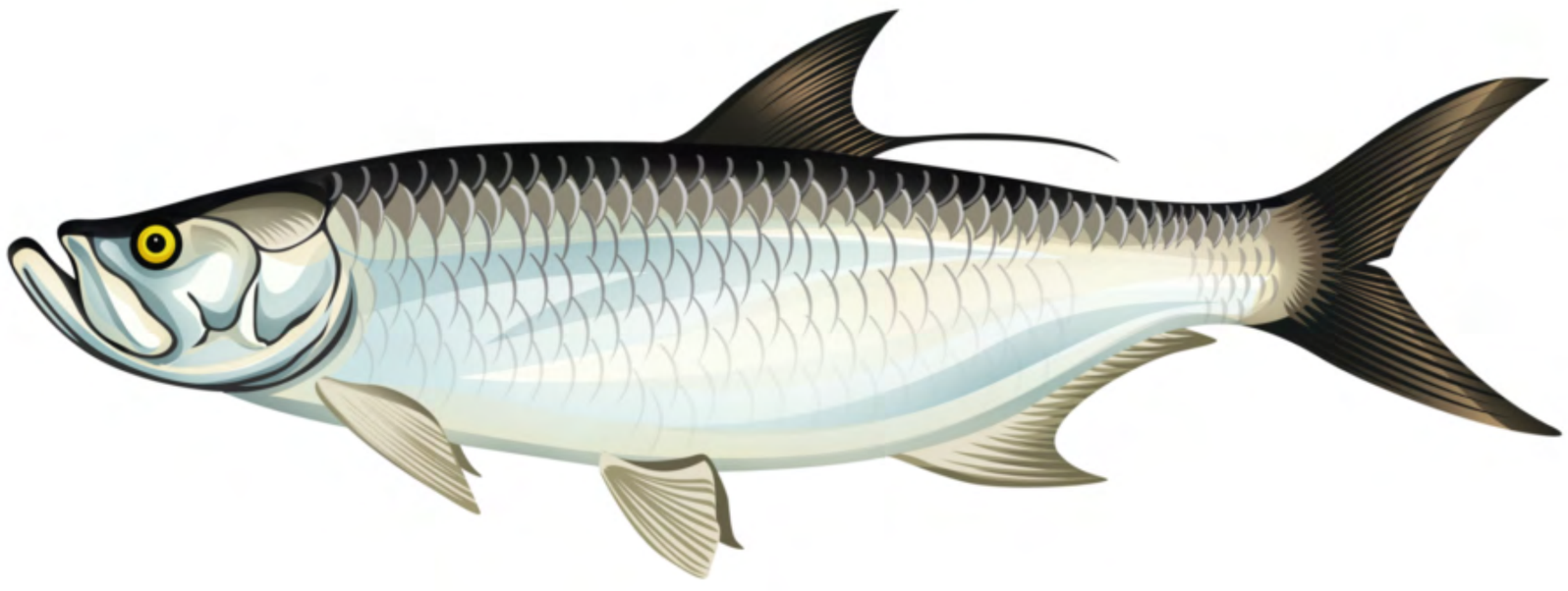
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Catching Tarpon

A ‘game’ or ‘trophy’ fish, Tarpon can’t be removed from the water

Catching Tarpon



Size and weight: Juvenile Atlantic Tarpon range from 26" and go up to 60". They weigh from 10 lbs. to 165 lbs.

General Info

A ‘bucket list’ fish for experienced anglers, Atlantic Tarpon are an aggressive and exciting fish to catch. With an unusual physiology that includes taking gulps of air for a burst of energy, they can take up to an hour to boat-side the fish (not land into boat). This is a fish you can’t take out of the water, because it’s a monitored and well-controlled game fish. Touching can hurt them.

When/Where

Time of year: Active May through July.

Location: Tarpon like inlets, lots of running or moving water.

Time of Tide: Like to bite early morning until mid-day, particularly during a ‘hill tide’.

How

Bait: Fiddler crabs and cut bait – greenbacks, shrimp, lady fish.

Method: Reel and rod, with appropriate tackle.

Cooking Tarpon

Tarpon are a game fish, and should not be captured or killed or cooked.

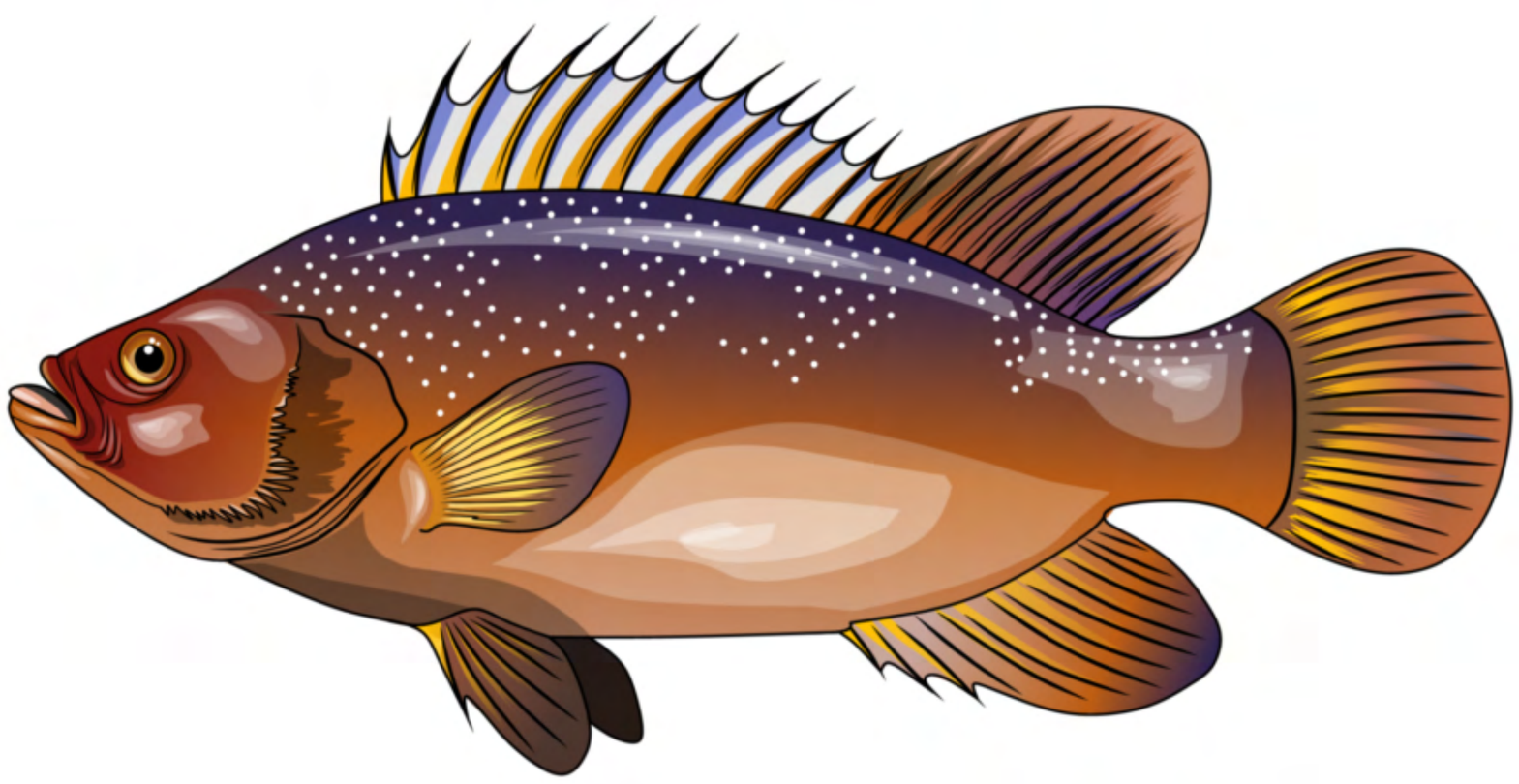
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Catching
And Cooking Tripletail

A fun, clean, rare fish to catch, Tripletail are something of a luxury

Catching Tripletail



Size and weight: 6" to 20", weighing between 2 and 11 lbs.

General Info

A tropical or warm-water Atlantic fish, young Tripletail sometimes float on their sides near flotsam. Tripletail are a sight-seeing fish because you spot them with your eye – you see them bite the hook and take the bait. Tripletail are a particularly clean fish.

When/Where

Time of year: Spring, Summer and Fall around Florida waters.

Location: Floating structures and flotsam (floating debris on water).

Time of Tide: Between 10 am and 2 pm, when the sun is directly overhead.

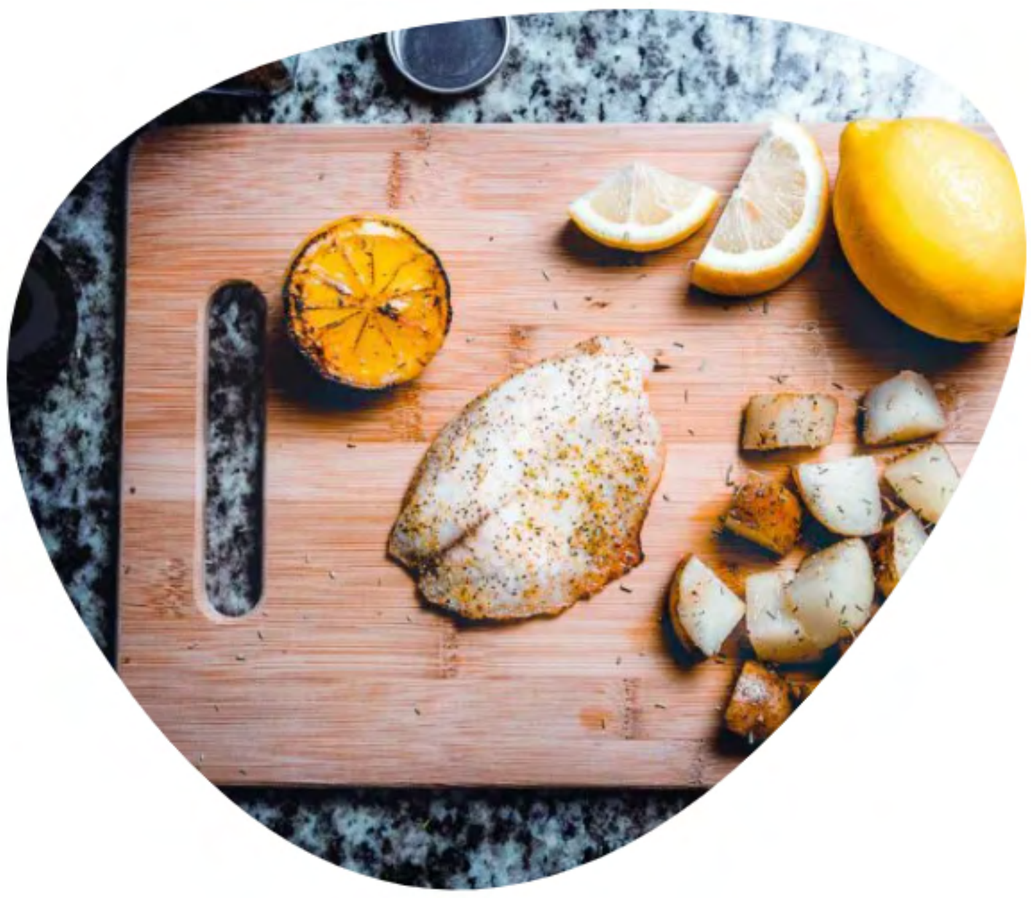
How

Bait: Live shrimp.

Method: Reel and rod, light to medium tackle.

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Cooking Tripletail



Drink Pairings



Drinks: Tripletail pairs well with beer or various wines, depending on whether the meal is upscale or practical.

Flavor

Deliciousness: 10 out of 10.

Flavor: Triptletail are moist and rich-tasting. Not super-fishy aroma or flavor, and has a slight sweetness.

Cleaning

Strike (knife) on the back of head and bisect along backbone.

De-gutting: De-gutting is not necessary if you are cutting fillets – simply cut around the fish guts.

De-blooding: Spanish Mackerel, Redfish, Grouper and Sharks are typically de-blooded.

De-veining: Is recommended for larger fish, including Spanish Mackerel, Redfish, and Sharks.

Cooking

Methods: Tripletail can be baked, sautéed (blackened), deep fried, but is not an ideal grill fish.

Dishes: As an entree, in tacos, soup,stew, or salad.

Traditions: Similarly, Tripletail is versatile enough to work in a variety of traditions (see below).

Suggested Dishes

For an entrée, bake and add sliced oranges for garnish. Sweet potatoes and asparagus go well.

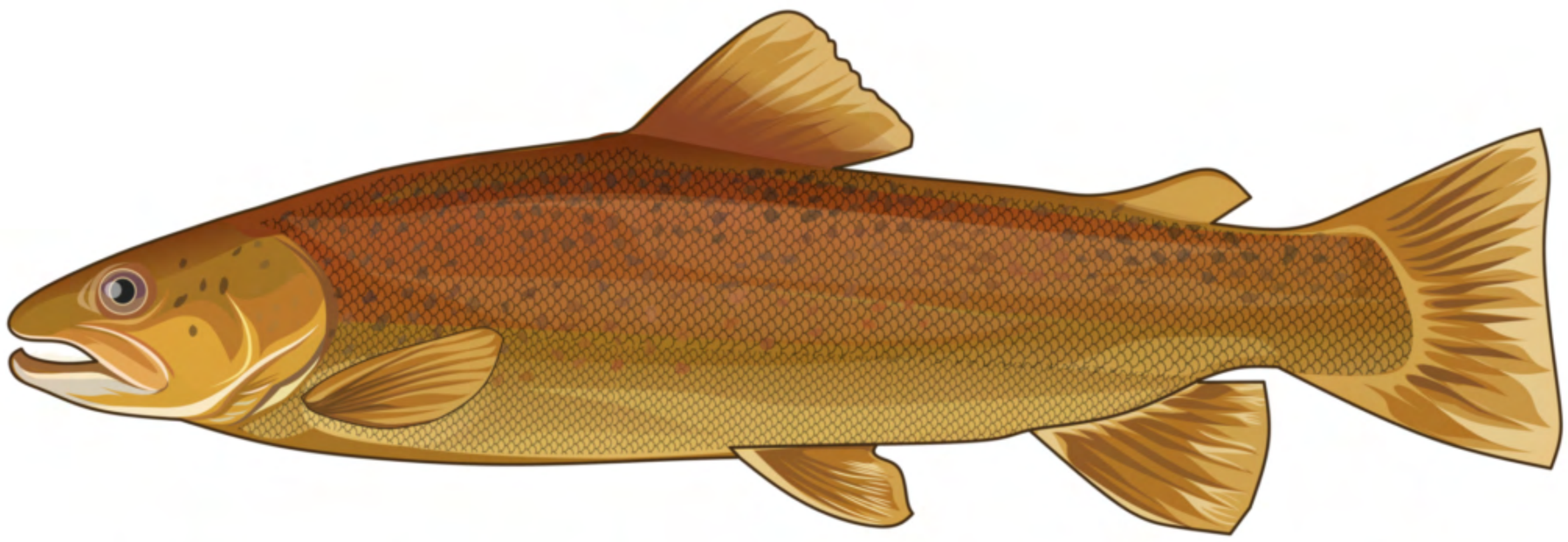
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Catching
And Cooking Trout

Not the biggest or best-tasting fish, but don't count out the trout!

Catching Trout



Size and weight: Trout average about 16", and size matters, because people after 18" they are hard to catch. They typically weigh a few lbs.

General Info

Redfish is one of our favorites, as it is one of the more fun fish to catch. They're big, heavy, and beautiful, with a distinctive black spot on the tail. Common on the Atlantic coast and in the Gulf of Mexico, Redfish, sometimes called Red Drum, Channel Bass, or Puppy Drum comes from the Drum family. Mostly caught by sport fishermen (rather than commercial fishermen), Red Fish are the 'ultimate fighting' fish, and anglers seek them for this fight. Will never show its face, unlike a snook. They are lazy during the Summer.

When/Where

Time of year: Trout can be targeted year round with artificial bait, and are active at times similar to Redfish and Snook.

Location: Trout like grassy beds. They move around and spawn. They like to hang in 4' to 8' of water, max.

Time of Tide: Trout are best to catch early morning until dawn, until about 2 hours after sunrise.

How

Bait: Best to use artificial jerk bait or bobber. Can also use greenbacks or a cork on live bait.

Method: Can be caught with rod and reel, and light tackle with a fly rod, an angler needs more experience.

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Cooking Trout



Drink Pairings



Drinks: Vodka, Sweet tea, Full-flavored or craft beer

Flavor

Deliciousness: 5 out of 10.

Flavor: Trout have a fishy taste that breaks down in your mouth.

Cleaning

Strike (knife) behind the dorsal fin and run the knife along back of the fish. Leave skin on, producing two filets.

De-gutting: De-gutting is not necessary if you are cutting fillets – simply cut around the fish guts.

De-blooding: Spanish Mackerel, Redfish, Grouper and Sharks are typically de-blooded.

De-veining: Is recommended for larger fish, including Spanish Mackerel, Redfish, and Sharks.

Cooking

Method: Trout can be fried, sautéed or blackened, baked or grilled.

Dishes: None suggested.

Tradition: None suggested.

Suggested Dishes

None suggested.

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