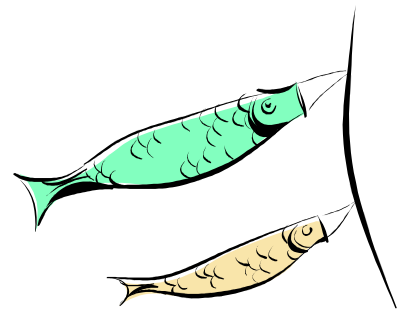




## Carp Recipes



### **BAKED STUFFED CARP**

*From www.cooks.com*

1 (6 lb.) carp

12 slices bacon

#### **STUFFING:**

1 qt. bread cubes

3 tbsp. minced onions

2 tsp. finely crushed sage

3/4 tsp. salt

3/4 tsp. pepper

3/4 c. finely chopped celery

6 tbsp. hot melted butter

Mix stuffing until cubes are moist. Put in stuffing. Heat oven to 500 degrees. Place on aluminum foil in baking dish. Bake until carp browns (about 10 minutes), then take out of oven and cover carp with strips of bacon. Lower heat to 425 degrees. Bake for 35 minutes. Add 5 minutes baking time for each added pound of carp.

### **CARP ALA PINE**

*From www.cooks.com*

1 (7-10 lb.) carp

1 pine board, green, rough sawed

1/2 tsp. curry powder

1/2 tsp. table salt

2 bay leaves

1/4 tsp. ground red pepper

1/2 c. red wine or cooking sherry

Preheat oven to 350 degrees. Wash and clean the carp. Stuff with green peppers, onions, and celery. Place stuffed carp on the pine board. Place in a large roast pan.

Mix the ingredients well and pour over the carp. Cover the roast pan with foil, cone shaped to hold in the heat and juices. Bake at 350 degrees for 1 hour 45 minutes. Drain juices from pan.

### **CARP STEAMED IN WHITE WINE**

*From cooks.com*

3 lbs. cleaned carp

2/3 c. water

2/3 c. beef stock

1 1/4 c. dry white wine

1 bunch watercress

3 tbsp. soy sauce

1 1/2 tbsp. sunflower oil

#### **STUFFING:**

4 tbsp. long grain rice  
Spring onion  
1 chicken stock cube, crumbled  
1/2 tsp. fresh ginger, ground  
Salt and pepper to taste

Mix stuffing ingredients, stuff carp and close cavity with a skewer. Place fish in a shallow casserole dish and add the water. Place casserole in top part of double boiler or steamer; cover and steam for 45 minutes. Pour stock and wine into above. Steam 30 minutes or until fish flakes easily. Transfer carp to a warmed serving dish. Mix soy sauce and oil. Fish stock may also be served as a soup. Pour all liquid into saucepan, add watercress, and bring to boil for 2 minutes.

### **CANNED CARP**

*From www.cooks.com*

Fillet carp. Cut in approximately 1 1/2 inch cubes. Pack in pint (or quart) jars. Pack tight. Add:

1 tsp. salt  
1 tbsp. vinegar  
1 tbsp. bar b que sauce

Seal jars. put in pressure cooker. 10 pound pressure for 100 minutes. (Water enough to cover jars before sealing pressure cooker.) Do Not add water to fish in jars. They will form their own juice if packed tightly enough.

### **HUNAN-STYLE STEAMED FISH**

*From www.cooks.com*

1 1/2 to 2 lbs. whole freshwater fish such as carp  
Salt, optional  
2 oz. Chinese fermented black beans  
2 sm. fresh/hot/red chilies finely chopped  
1/2 tsp. minced gingerroot  
1/2 tsp. minced garlic  
2 green onions, chopped  
1 to 2 tsp. sherry  
1 tbsp. lard or 2 tbsp. oil

Rinse fish and pat dry. Cut one long diagonal slit or several crosswise slits in each side. Sprinkle fish inside and out with salt to taste. Place fish on platter for steaming. Rinse black beans and drain. Chop coarsely, if desired. Combine black beans, chiles, ginger, garlic and onions. Spread bean mixture on top of fish and sprinkle with sherry. Set lard on fish or sprinkle with oil. Place fish in steamer and steam, covered, 15 to 20 minutes or until fish flakes easily. Makes 4 to 6 servings.

*All recipes below are from [www.bassonhook.com/fishforfood/carprecipes.html](http://www.bassonhook.com/fishforfood/carprecipes.html)*

### **Baked Carp**

Have the fish opened at the gills and the intestines drawn out through the opening. Wash the flesh with vinegar and let it stand for fifteen minutes. Fill the fish with a bread stuffing, and sew

the head down firmly. Brush the fish all over with an egg, cover it thickly with bread crumbs and a few lumps of butter. Put 2 chopped onions and a bunch of parsley in the pan, and a cup of water mixed with 1 teaspoonful of Worcestershire sauce. Bake for an hour in a moderate oven, basting occasionally. When the fish is done, place it on a heated platter and garnish with slices of lemon. Add enough water to the gravy in the pan to make a half pint. Thicken with a tablespoonful of flour rubbed into 1 of butter. Cook for a moment, strain, add the juice of a lemon, and pepper and salt to taste. Serve in a gravy-boat.

### **Buttermilk Fried Carp Fillets**

2 pounds carp fillets  
1 cup buttermilk  
1 cup biscuit mix or pancake mix  
2 teaspoons salt  
1/4 teaspoon dried lemon flakes

Remove the skin of the carp. Take out all the brownish-redish-colored part of the meat, the "mud vein"; discard. Chunk up the rest of the carp fillets. Place fillet pieces in a shallow dish. Pour the buttermilk over them and let it stand for half an hour, turning the fillets over once during that time. Stir the salt into the biscuit mix. Take fillets out of the buttermilk and pat them into the biscuit mix, covering both sides. Fry fillets in deep fryer or in hot oil in fry-pan for 5 - 10 minutes until cooked through and browned on both sides. Use tongs or slotted spoon to turn them. (If oil is too hot, they will brown too quickly and not cook within.) Drain on paper towels. Serve with lemon wedges if available. Serves 4-6

### **Carp Cakes**

1 cup flaked, cooked carp  
3 cups mashed potatoes  
1 egg, beaten  
2 tablespoons bacon grease  
1/2 tablespoon butter  
1/2 teaspoon pepper  
1/2 teaspoon salt  
1/8 teaspoon paprika

Mix carp, potatoes, bacon grease, butter, salt, pepper and paprika; then add beaten egg, Shape into cakes and pan fry in hot grease until a golden brown .

### **Carp Casserole**

3 cups cooked carp  
2 cups cooked rice  
2 Tablespoons grated onion  
2 Tablespoons melted margarine  
1 Tablespoon minced parsley

1 Tablespoon lemon juice  
1/2 cup milk  
2 well-beaten eggs  
1 tsp. salt  
Pepper to taste

Preheat oven to 350 degrees F. Combine ingredients. Place in greased loaf pan. Bake for 40 minutes. Serve with fresh salad, small boiled and buttered potatoes sprinkled with parsley, and creamed peas.

### **Carp Chowder**

2 pounds carp  
2 stalks chopped celery  
¼ cup butter  
¼ cup flour  
chopped onions  
dash of thyme  
salt  
pepper  
water

Simmer carp, onions, celery, thyme, salt and pepper slowly in water for 30 minutes. Thicken with a mixture of butter and flour. The following carp chowder recipe requires that the fish be precooked, chilled and then separated from the bones.

### **Carp with Endives, Cilantro, and Butter**

1 large foil roasting bag  
1 fresh whole carp fish (if frozen, defrost thoroughly in fridge before using - ensure there are no ice crystals in the inner cavity)  
2 cups steamed endive leaves, shredded  
1 cup salted butter, softened  
2 tbsp. fresh cilantro, chopped  
1 tbsp. fresh parsley, chopped  
1 tsp. fresh spinach, chopped  
1 shallot, finely chopped  
2 tsp. coarsely ground black pepper  
1 tsp. ground turmeric cilantro sprigs to garnish

Preheat oven to 375 F (175 C). Grease inside of roasting bag and put it on a heatproof cookie sheet. Using a food processor, blend butter, cilantro, parsley, spinach, shallot, black pepper and ground turmeric for about 3 minutes using the pulse button. Do not over do. The butter should be speckled with the herbs. Spoon the butter onto a plate and allow to set. Cut butter into 1/4 inch chunks. Set aside. Wash carp fish with water. Place fish inside the roasting bag and top with the

endive leaves and chunks of butter. Carefully roll up the bag opening in the direction of the top of the bag to keep in the heat, prevent the juices from leaking and to ensure a good blending of flavors. Bake in the oven for 45 minutes, or, if using a barbecue, follow the barbecue's manual directions for foil baking fish according to weight. Serve hot garnished with cilantro sprigs, accompanied by a salad. Serves 4

### **Carp in Beer**

2 pounds carp  
2 12-ounce cans dark beer  
1 medium onion  
1 stalk celery, chopped  
1 bay leaf  
½ teaspoon thyme  
1 teaspoon salt  
1 sprig parsley  
¼ pound butter  
½ cup gingerbread crumbs

Mince onion, add celery, bay leaf . thyme, parsley, beer and salt. Bring to a boil . Cut carp into pieces and place in the sauce. Cook for 10 to 15 minutes on low fire. Remove carp from sauce and thicken sauce with gingerbread crumbs. Strain sauce and stir in butter. The sauce must be creamy and hot; pour it over the carp.

### **Carp Roasted with Onion**

Cut up cleaned carp into large sections. Cut out small pockets in the carp meat. Sprinkle with salt. Mix grated onion with parsley and a little oil. Rub this mixture over the carp. Fill the holes also with a little of this mixture. Spread caraway seeds over the meat, pour some lemon juice on top. Roast in the oven at 350 degrees F. for about 30 minutes or until done. Serve with potatoes, roasted, mashed, or fried.

### **Carp Sandwich**

Skin the carp. Remove the redish-brown colored part of the meat: the "mud vein." Fillet the carp. Score the fillets by cutting about two-thirds into the meat every 1/4 inch. Cut into sandwich size pieces. Beat one or more egg. Dip fish pieces into egg, then into salted bread crumbs, or saltine cracker crumbs. Deep fry or pan fry in lots of oil, after oil is plenty hot (about medium to medium high). Use your favorite bread or hamburger buns, spread bread with tartar sauce or sandwich spread. Place browned and tender fish fillets between the slices. Add whatever garnishes you'd like -- lettuce, tomato...

### **Carp Sausage**

Skin and fillet the fish, removing mud vein. Partly freeze the fillets and then grind them into a fine mash in a meat grinder. For every one pound of ground carp, add 1/4 to 1/3 pound of beef

hamburger, and 1 Tablespoon commercial poultry and sausage seasoning. Mix well. Form into patties and store in the refrigerator for 24 hours. The patties can then be frozen or cooked immediately. Place patties in a frying pan over medium heat and fry 4 to 5 minutes on each side. Do not overcook. These cooked patties, (cold or still hot) make excellent sandwiches with lettuce, mayonnaise or tartar sauce.

### **Carp Stew**

4 pounds carp  
¼ pound bacon  
¼ cup onion, chopped  
1 cup tomatoes  
¼ teaspoon salt  
¼ teaspoon sugar

Fry bacon in a dutch oven or small kettle until crisp. Add other ingredients and simmer for 45 minutes.

### **Carp with Red Sauce**

1 pound carp fillets, skinned and cut 3/8-inch thick (cutting shortens "floating bones" so cooking can break them down)

Unsaturated vegetable oil, heated in a deep fryer

*Batter:*

1 cup cold water  
1 egg  
1/4 c oil  
1/4 cup flour  
4 teaspoons cornstarch  
1 teaspoon baking powder  
1 t salt  
1/2 teaspoon MSG, if you're not allergic to it

*Red Sauce:*

1 cup catsup  
1 cup chili sauce  
dash of Tabasco  
dash of Worcestershire  
squeeze of lemon  
3 Tablespoons pure ground horseradish  
salt and pepper to taste

Mix water, egg and oil before adding other ingredients. Dip strips in batter, drop them into a deep fryer. Cook until done, drain on paper toweling. Much like hors d'oeuvres. (Dip into the red sauce.) Serves 2-4.

## **Carp Tacos**

1 pound ground carp  
3 Tablespoons vegetable oil  
1 package taco seasoning  
1/2 cup water  
Sliced tomato (or salsa)  
12 flour tortillas  
Shredded lettuce  
Grated cheddar cheese  
Taco sauce  
Sour cream

Before shredding the fish, remove mud vein, or redish-brown section of meat. Cook the shredded fish in the oil until its color changes. Add the taco seasoning and water. Cook until nearly dry, stirring occasionally. Heat flour tortillas in a dry fry-pan, turning to lightly brown on both sides. They should still be soft and pliable when warm. Fill each tortilla with fish mixture. Add grated cheese, taco sauce, lettuce, tomato chunks (or salsa) and top with sour cream.

## **Medieval Sweet and Sour Carp**

2 pounds carp fillets  
1/4 cup flour  
1 med. onion, minced  
3/4 cup white wine  
3/4 cup cider vinegar  
4 Tablespoons brown sugar  
1/4 teaspoon ground cloves  
1/4 cup currants  
Pinch of mace  
1/4 cup raisins  
salt to taste

Cut fillets into large chunks and dredge them in flour. Heat oil in a large heavy frypan and saute onion until transparent. Add fish chunks and brown. In a bowl, combine remaining ingredients for a sauce. Pour over browned fish and onions.

## **Peceny Kapr S Kyselou Omackou (Carp w/ Sour-Cream Sauce)**

1/4 cup butter  
2 bay leaves  
1/3 cup of sour cream  
1 lemon, juice  
salt and pepper  
1 carp, 3-4 pound, cleaned and ready to cook

Grease a shallow baking dish with butter. Season carp inside and out with salt and pepper, place bay leaves on butter and lay on it your carp. Cover with sour cream and lemon juice. Bake in oven 350 F for 40 minutes or when brown. Baste frequently. Serve with noodles or potatoes. Makes 4 servings

### **Poached Carp**

2 carp fillets  
3 cups chopped fresh vegetables (your choice)  
salt to taste  
pepper to taste  
1 bay leaf  
4 medium potatoes, quartered  
chopped parsley  
1 cup lemon juice

Clean, wash, salt the fish and let it sit for 10-15 minutes. In the meantime, set the vegetables to boil with 1 qt. of water, some salt, pepper and bay leaf. Let boil until the vegetables are tender. Then remove from heat, add the quartered potatoes and let boil for a few minutes. Then add the fish fillets. Let everything simmer, covered, until the fish and potatoes are done. After the fish has cooled off, remove from the pot and place in the middle of a platter, surrounded by vegetables and potatoes. Mix the oil with the lemon juice and 2-3 tablespoons of the poaching liquid and pour over the fish and vegetables. Then spread some chopped parsley on the top. Serves 2-3

### **Serbian Carp**

2 pounds carp  
¼ pound butter  
2 finely chopped onions  
3 tablespoons tomato paste  
¼ pound chopped mushrooms  
salt  
red pepper  
flour  
water

Roll carp in flour seasoned with salt and red Pepper. Sear in butter. After removing carp, saute' onions and mushrooms. Add tomato paste and a little water. Put carp in and stew until well done.

### **Steamed Carp**

1 whole fresh carp about 1 lb (500g) (or trout and other firm-fleshed fresh-water fish)  
4 bamboo shoots sliced  
5 tsp. rice wine  
2 tbsp lean pork, diced and marinated in sugar



1 tsp. salt, or to taste  
4 slices Chinese ham, steamed  
4 black mushrooms, sliced and soaked  
2 1/2 tbsp lard or vegetable oil  
2 tsp. scallions, chopped in 1 -inch sections  
1 tsp. ginger, sliced

Wash the fish and make 2 to 3 X-shaped slashes on each side. Rub with the rice wine and let marinate. Place on a heat-proof dish and sprinkle with the salt, mushrooms, bamboo shoots, and diced pork. Place the ham, lard, scallions, and ginger on top. Place the dish in a steamer and steam for 10 to 15 minutes, or until the fish is cooked through. Discard the scallions and ginger, and serve

### **Steamed Carp in Egg Custard**

1 whole carp, about 3/4 lb. (350g), with head and tail (substitute trout or other firm-flesh freshwater fish)  
1 oz(30ml) clear stock  
4 eggs  
1 tsp. soy sauce  
1/2 tsp.-salt, or to taste  
2 tsp. sesame oil  
1 tbsp rice wine  
1/2 tsp. scallions, chopped  
1/2 tsp. ginger, chopped  
1 tsp. MSG (optional)

Clean the wash the fish. Blanch in boiling water and drain. Beat the eggs in a heat-proof bowl and stir in the salt, rice wine, MSG, 4 tsp. of the stock and mix well. Place fish in the bowl with the egg mixture. Place the bowl in a steamer and steam for 10 to 15 minutes, or until the custard is set. Mix the soy sauce, sesame oil, the remaining 2 tsp. of the stock, the scallion, and the ginger into a sauce. Pour over the fish and serve

### **Stewed Carp**

Having cut off the head, tail, and fins, season the carp with salt, pepper, and powdered mace, both inside and out. Rub the seasoning on very well, and let them lay in it an hour. Then put them into a stew-pan with a little parsley shred fine, a whole onion, a little sweet marjoram, a tea-cup of thick cream or very rich milk, and a lump of butter rolled in flour. Pour in sufficient water to cover the carp, and let it stew half an hour. Some port wine will improve it. Perch may be done in the same way. You may dress a piece of sturgeon in this manner, but you must first boil it for twenty minutes to extract the oil. Take off the skin before you proceed to stew the fish.