

Frozen Walleye



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Walleye is a flaky, mild-flavored white fish that can be prepared in many ways.

How To Use It

Walleye can be baked or broiled in the oven, pan-seared on the stove top, or grilled.

How To Store It

Store in the freezer at or below 0 °F until ready to use. Thaw according to package instructions.

Why Eat It?

Seafood contains omega-3 fatty acids which as part of an overall healthy diet may help reduce the risk of heart disease.

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Sautéed Walleye with Tarragon *Makes 2 servings*



Ingredients

- 2 walleye fillets (4–6 ounces each), thawed and patted dry
- Salt and ground pepper
- 1 generous teaspoon chopped fresh tarragon or parsley (or ½ teaspoon dried)
- 2 tablespoons butter
- Fresh lemon wedges (optional)

Directions

Wash hands with soap and water.

1. Season walleye on the flesh side with salt and pepper.
2. Sprinkle with tarragon or parsley and press lightly into the flesh to help it stick.
3. Melt the butter in a pan over medium-high heat.
4. Place the fillets seasoned side down in the pan, tilting the pan to make sure the butter surrounds the fillets, and cook for about 3 minutes.
5. Gently flip the fillets and cook on the second side, about 2 minutes. Walleye should reach a final internal cook temperature of 145 °F as measured with a food thermometer before serving.
6. Plate and serve immediately with lemon wedges.

