



# Cooking Your Catch



By Sandie Gelineau

RISAA is in the process of collecting recipes for a seafood cookbook, a project being conducted by David Westfall. Members have been sending in their favorite recipes to be included in that book. If you have a favorite recipe, send it in.

The following recipe was sent in by Chuck Dore

## Broiled Flounder Parmesan

### Ingredients

- 2 pounds flounder fillets
- 2 tablespoons lemon juice
- 1/2 cup grated Parmesan cheese
- 3 tablespoons mayonnaise
- 1/4 teaspoon salt
- 1/4 cup butter, room temperature
- 3 green onions, chopped
- 1 or 2 dashes of hot sauce, to taste
- thinly sliced lemon and parsley for garnish, optional



### Directions

- Place fillets in a single layer on a greased baking dish or broiler pan; brush with lemon juice.
- Combine Parmesan cheese, mayonnaise, salt, butter, and green onions, and hot sauce in a small bowl; set aside.
- Broil flounder fillets 4 to 6 minutes, or until fish flakes easily with a fork. Remove from oven; spread with cheese mixture. Broil about 30 seconds longer, or until cheese is lightly browned and bubbly.
- Garnish with sliced lemon and parsley if desired.

Serves 6 to 8.

Got a recipe to share or request for a certain recipe?  
Contact Sandie at [sandie@risaa.org](mailto:sandie@risaa.org)

# Striper Cup



Committee



David Westfall, Chairman

## Team RISAA!

### Why don't YOU join us?

As I write this report in mid-May, we are one week into the Striper Cup Tournament. We currently have **49 members** on our team that we know about. Last year we had 69 members on the team.

When you sign up for the Cup tournament, please notify Derek Leigh (see below), Team RISAA Secretary, that you have joined and provide him with your: name, boat name, cell phone number and email address. For shore fishermen, don't worry about the boat name.

By providing the committee this information, we can add you to our Team Directory and get you into our *private* Yahoo Chat Group.

Teamwork, information and skill will win this tournament. Team RISAA has these tools. Now we just need the players.

We made one minor change to how we are going to distribute the Team Member list. Instead of mailing it to your home, we are going to email it to you. We have people joining the team all the time. Obviously, a printed list would become outdated quickly with people signing up during the entire tournament. This way, any team member can get a new, updated copy whenever they want.

The **RISAA Striper Cup Team is open to all RISAA members** in good standing. So, why not sign up and join the Team today!

As of this writing, there are no fish listed on the *On The Water* site, so the tournament is still wide open! It seems the bass are really starting to come in now, so get out there and catch some!

To email Derek Leigh: [Magicstik18@hotmail.com](mailto:Magicstik18@hotmail.com)

To join the RISAA Striper Cup Team, visit:  
[http://www.onthewater.com/Stripercuphome\\_2.html](http://www.onthewater.com/Stripercuphome_2.html)

To view the RISAA Team Leader board, visit:  
<http://www.risaa.org/tournaments/teamrisaa09.html>

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