

Got Suckers? 2007



The Ultimate Sucker Cookbook

“Roman general Marc Antony lost a naval battle when sucker fish attached themselves to the oars of his ship, preventing his sailors from moving it.”

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Sucker Information:

General Description: *SCIENTIFIC NAME: MYXOCYPRINUS ASIATICUS*

Though the meat is firm and good tasting, white sucker seldom appears on a restaurant menu -- perhaps because the name lacks market appeal. As a result, white sucker is processed in a variety of ways for the market, often under the name "mullet." They are good either fresh or smoked and canned.

Nutrition Facts

Fillet (5.6 oz) serving (3 oz) oz g

Calories 146

Value*	% Daily
Total Fat	3.7 g 6%
Saturated Fat	0.7 g 4%
Cholesterol 65mg	22%
Sodium 64 mg	3%
Total Carbohydrates 0g	0%
Dietary Fiber 0 g	0%
Sugars -	-
Protein 26.6 g	-
Calcium 111.3 mg	-
Potassium 604.2 mg	-

Note: A dash indicates no data is available.

This table shows you where the calories in this food come from.

The percentage value shows you the percentage of total calories that comes from each nutrient and alcohol.

Calories from Fat 33	(24%)
Calories from Carbohydrate 0	(0%)
Calories from Protein 107	(76%)
Calories from Alcohol -	(0%)



I don't need a groundhog or Robin to tell me when spring is here.

The spring sucker run tells me when spring is here, once the ice melts the run is on. Campers, dippers, 1000s of anglers convene on Omer Michigan. (Consider by most to be the smallest town in Michigan but that recently came under debate) It is not only fun to catch but fun and tasty to eat all those bones and all.



“Suckers are all the reason you need to head to Omer this spring” Al Young Jr. Mid-Michigan Sucker Angler

Deep Fried Suckers

Suckers are packed with bones so many individuals don't attempt to cook/smoke them. But when you take the time to prepare the suckers most of the time the bones will "cook away"

The first step is to clean and scale the sucker and then filet them. When you catch or 100 in a day you will get really good at the filet process. I usually just cut the filet part out leaving the back bone and head still together. **LEAVE SKIN ON THE FILETS!**

Then I wash them off and place them in the refrigerator to let them chill. Then I get my batter mix ready. (Usually Drake's unless I get creative)

Dredge the filets and place them in the fryer – I heard you can freeze them and eat them later but they never make it to my freezer.

When the sucker filets began to float and turn light brown grab your plate cause there done. Frying the suckers should make the bones that are left taste like the crispy deep fried coating. Sometimes there are a few bones left so use a little bit of caution when you devour them.

Optional fry recipes

Deep-Fried Sucker

Ingredients :

- Meat strips from 3 or 4 suckers
- Salt to taste
- Freshly-ground black pepper to taste
- 1 cup flour
- 1 cup Bisquick baking mix
- 1 cup cornmeal



Season the fish strips with salt and pepper. Combine flour, Bisquick, cornmeal and seasonings. Dredge the strips in this mixture, and fry quickly in peanut oil heated to 375 degrees.

Canned Suckers

Probably the most popular way to taste the savory sucker is to can that sucker. You first have to clean/scale them. Then I filet them leaving the back bone and only leaving the smaller bones. Then cut the filets up into smaller pieces. Clean and wash and remove any bones you want.

Then there are many recipes; salt/vinegar/onion make your own it is all good. Grab your pressure cooker and let the fun began. The pressure cooker will also cook the bones and make them mostly crispy and un-noticeable.

CANNED SUCKER

1 tsp. salt
1 tsp. vinegar
Onion, diced
2 tbsp. catsup
1 tbsp. vegetable oil

Place all in bottom of clean canning jar. Pack cut up raw fish with 1 1/2 inch head space at top. Process at 10 pounds pressure for 100 minutes. Canned sucker tastes similar to canned tuna when processed

CANNED SUCKER

Red vinegar
Salt
Suckers

Soak fish in salt water for 1 hour. Rinse with clean cold water, drain cut into 4 inch pieces. Pack fish into 1 quart jars leaving 1 1/2 inches from jar top. Add to each quart 2 tablespoons red vinegar and 1 teaspoon salt. Seal jars and pressure cook for 1 hour and 45 minutes at 10 pounds.

CANNED SUCKERS

Clean and scale fish, remove black bone and cut in pieces, rinse well. Per pint jar, pack in fish pieces. To each jar add: 2 tbsp. oil 1 tsp. salt 1 piece butter
Process jars for 80 minutes at 10 pounds pressure. Follow pressure cooker directions for monitoring the process.

(SUCKERS)

Cut fish as you would for trout, boil skinned, suitable for packing in jars.
Pack in pint or quart jars but allow an inch of room at the top. Add 1 tablespoon salt, 1 tablespoon cooking oil and 1 1/2 tablespoon catsup per pint.

Seal tightly, pressure cook allowing 100 minutes per 20 pounds (90 minutes at 10-15 pounds pressure in 7 quart canner). Serve after 6 weeks

Smoked Suckers

Basic Instructions for Smoking Suckers

The following are very generic steps that you can use to smoke your own sucker. You should always start with the basic brine solution, and then add what you like to it.

Step 1

Brine your fish with this basic brine solution:

1/2 cup non-iodized salt

1/2 cup sugar

1 quart water

Stir until completely dissolved

Place fish in the solution, being careful to insure that the fish is completely covered with the brine and place in the refrigerator.

Thick chunks of 1" or more should be in brine 8 to 12 hours.

Thin chunks of less than 1" 6 to 8 hours is sufficient.



Step 2

Remove fish from brine and rinse each piece under cold water.

Gently pat dry and lay pieces on paper towel to air dry for one hour.

(After one hour you will notice the fish has a glazed film on it. This is called the Pellicle which is a normal and desired result of the brining process). When the fish is sticky to the touch it is ready.

Step 3

Smoke fish for about 2 hours at 200 F.

Use your favorite wood chips or chunks when smoking and experiment to find the taste that best suits your taste. Hickory, Alder, Apple and Cherry or combinations of these work well.

Add wood chips about every 30 minutes if necessary (depending on how much smoke taste you want).

To cut down on smoking time, remove skin from fish before putting in brine, then place fish in cheese cloth after the brine process (this helps get rid of fish oils faster and cuts your smoking time by about 1/4).

If you are feeling adventurous, try these alternative brines, which also work well:

Brine 1

1 quart water 1/2 cup non-iodized salt 1/2 cup sugar 3 ounces rum

1 ounce lemon juice 3 cloves garlic 3 Tbs. Pickling spice

1/4 Tsp. Lemon pepper 3 bay leaves

Brine 2

3 cups water
1 cup soy sauce
1/3 cup brown sugar
1/3 cup white sugar
1/3 cup kosher salt
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon pepper

Here is just a generic smoking process. A lot of our suckers get smoked this way and they come out good

Smoked Sucker

Brine-Soak fish for 8-12 Hours

Multiply ingredients for amount of fish you have. We ended up using something like 2 gallons of water for 6 fish.

3 cups water
1 cup soy sauce
1/3 cup brown sugar
1/3 cup white sugar
1/3 cup kosher salt
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon pepper

Remove fish from brine and rinse each piece under cold water.

Gently pat dry and lay pieces on paper towel to air dry for one hour.

(After one hour you will notice the fish has a glazed film on it. This is called the Pellicle which is a normal and desired result of the brining process). When the fish is sticky to the touch it is ready.

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Also try substituting 2 cups of generic steak sauce and 2 cups of water. Smoke over charcoal with soaked hard maple chunks. I'll never use hickory on fish again; the mixture of maple/brown sugar is great.

Smoked Fish in Soy Sauce and Wine Brine

1 Fillet of Fish
1/3 C Sugar
1/4 C Non-iodized salt
2 C Soy sauce
1 C Water
1/2 tsp. Onion powder
1/2 tsp. Garlic powder
1/2 tsp. Pepper
1/2 tsp. Tabasco sauce
1 C Dry white wine

Mix the above brine ingredients well, ensuring that all dry ingredients are well dissolved. Soak the fish in the brine for 8 or more hours, keeping all pieces covered with brine and refrigerated. Smoke in your favorite smoker over Hickory, Alder, or a mix of 2/3 Apple and 1/3 Cherry wood. Smoking times will depend on the thickness of the fish and the type of smoker you are using. Place largest and thickest pieces closest to the heat/smoke source.

Smoked Sucker Dip

1 ½ cups crumbled smoked fish
1/2 cup milk
8 ounces light cream cheese, softened
1/4 cup finely minced onion
1 stalk finely chopped celery
1 tablespoon finely minced fresh parsley
3 teaspoons sweet pickle relish
1/2 teaspoon lemon juice
1 teaspoon Worcestershire sauce (or to taste)
Cayenne, salt and pepper to taste

Put the smoked fish in a medium bowl and add the milk. Cover and chill for 30 minutes to an hour. Stir in the cream cheese, onion, celery, parsley, relish, lemon juice, Worcestershire sauce, and cayenne, salt and pepper to taste.

Cover and chill for 2 to 3 hours until flavors have blended.

Serve with your favorite crackers

Sucker Patties

Ground sucker boiled until done
Add 2 eggs,
your taste of seasoning
1 cup stove top stuffing mix
1 cup ground pretzel

Fry in 1/2 inch of peanut oil.



Sucker Patties

2 lbs. filleted fish
1 large raw potato
1 small onion
1 large or 2 small eggs
2 tbsp. flour

salt and pepper and seasoning

partly freeze for grinding

Grind fillets coarsely, grind potato and onion. Mix with remaining ingredients. Drop by tablespoon into 1/2 inch hot fat. Bacon fat is very good as it adds to the flavor. Fry until golden brown on both sides, or make in patties and dip in pancake flour.

Pickled Sucker

2 qts. fish fillets (use black sucker, red horse or northern)
1 c. plain table salt

Cover with white vinegar. Allow to stand at room temperature for 5 to 6 days. Stir daily to break apart any pieces sticking together.

After the required number of days, drain and rinse very well. Allow fish pieces to stand 30 minutes in fresh water, and then drain again.

Pack pieces in jar with onion slices.

BRINE:

2 c. sugar
3 c. vinegar
1 c. water

Use a moderate amount of whole pickling spices, 2 to 3 tablespoons (use more if you desire a highly spiced fish).

Put vinegar, water, sugar and spices in a saucepan and bring to a boil. Let this cool down. Pour over fish and refrigerate. Ready in 24 to 48 hours. Fish may be made in double or triple batches. A covered 5 quart pail may be used as the container.

Pickled Sucker

5/8 c. salt
Vinegar
1 c. sugar
1 c. vinegar
1/2 c. white wine
2 tbsp. pickling spice
2 or 3 tbsp. chopped onion
Fish (suckers)

Add 5/8 cup salt to 1 quart of fish pieces. Add vinegar to fill the jar and soak 5 days. Drain and add fresh water for 2 hours. Drain and add 1 cup vinegar, 1 cup sugar and 1/2 cup white wine to each quart of fish. Also add 2 or 3 tablespoons chopped onion. Let sit at least a week.

Pickled Sucker

4 lg. sucker filets (cut into 2" cubes)
2 sliced onion
Sliced lemon

BRINE:

2 c. water
1 c. vinegar
3/4 c. sugar
1 tbsp. pickling spice
3 jiggers dry vermouth

Soak filets in salt water for 24 hours. (Add enough salt to water, so an egg will float just off the bottom of the pan.) Rinse several times with clear water and then soak in white vinegar for 24 hours. Add water, vinegar, sugar and spices to a saucepan and bring to boil. Let cool; add vermouth.

Pack fish in jar in layers of fish, sliced onion and sliced lemon. Pour brine over fish and refrigerate. Ready in about 5 days.

Pickled Sucker

Fillet and cut into 1/4 inch wide by 2 inch strips
Brine with vinegar and kosher salt for 5 days
Add salt to vinegar until it no longer dissolves

Add 1 Tbs of pickling spice to the bottom of 1 quart jar. Layer fish and sliced onion . In a separate bowl 1 bottle of the cheapest white wine available. add 1/2 to 1 cup of sugar(how sweet you want it) .

Fill quart jars until full .

Make as much or little as you need. Let set for at least 3 weeks Refrigerated.

Tasty

Other Mouth Watering Recipes , once you master the basic

SUCKER CAKES

3 packed c. flaked, cooked fish
7 tbsp. butter
5 tbsp. flour
1 1/2 c. milk
Dash of salt, pepper and red pepper
2 tbsp. minced onion
1 tbsp. finely chopped parsley
1 egg, beaten with 2 tsp. water
1 c. finely crushed saltines
3 tbsp. cooking oil



In a large saucepan, melt five tablespoons of butter over medium heat and blend in flour. When mixture bubbles, slowly add milk, stirring constantly until it thickens. Add salt, pepper, red pepper, onion and parsley and blend well. Remove from heat and stir in fish. Cover and refrigerate for four hours.

Form mixture into 12 balls. Dip balls in beaten egg and roll in cracker crumbs. Heat remaining butter and cooking oil in a large frying pan over medium high heat. Add fish balls, flattening slightly with spatula. Fry until brown and hot throughout. Serves 4 to 6.

SUCKER LOAF

1 packed c. cooked fish
1 tbsp. butter
1 c. milk
1 tightly packed c. bread crumbs
2 well beaten eggs
Salt & pepper to taste

Heat milk and butter until very hot. Pour over fish in a mixing bowl. Add remaining ingredients. Mix well and pour into a greased loaf pan. Bake, uncovered in a 350 degree oven for about 40 minutes. Serves 4.

FISH SALAD

2 c. flaked suckers
1 c. diced celery
2 tbsp. pickle relish
1 tbsp. minced onion
1/2 c. salad dressing

Combine fish, celery, onion, pickle relish and salad dressing. Toss lightly. Serve with crackers.

SUCKER SPREAD

1 lg. can of canned suckers
8 oz. cream cheese
1 tbsp. grated onion
1/4 tsp. salt
1/4 tsp. horseradish
1 tbsp. lemon juice
1/4 tsp. liquid smoke

Mix in blender or a mixer. Chill 1 hour. Form in a ball, roll in chopped parsley and nuts. Chill and serve with various crackers

Sucker Soup

Prep Time: 40 minutes
Inactive Prep Time: 20 minutes
Cook Time: 25 minutes
Yield: 4 servings

1/4 cup extra-virgin olive oil
8 cloves garlic, peeled and left whole
4 scallions cut into quarters
Salt and pepper
1/2 bottle dry white wine
2 ripe tomatoes, peeled, seeded, and finely chopped
2 quarts water
2 1/4 pounds sucker chunks,
2 teaspoons dried chili flakes
8 (1-inch thick) slices Italian peasant bread
1/2 bunch fresh parsley, chopped

In a 3-quart saucepan, heat the oil over medium heat. Add the garlic and scallions and cook until the garlic cloves begin to turn a light golden brown. Remove garlic and scallions, reserving the garlic. Add the 1/2 bottle of wine to the saucepan and season with salt. Add the tomatoes and 2

quarts water. Season the fish with salt and pepper. Add the fish, and cook 15 to 20 minutes to make a stock. Add 1 teaspoon chili flakes. Season with salt and add 1 teaspoon of chili flakes and simmer until cooked through.

Remove the fish, whole, from the pan, and place on a platter. Toast the slices of bread and then rub each gently with 1 of the reserved garlic cloves. Place 2 pieces of toast in the bottom of each serving bowl and cover with the fish stew and serve with pieces of fish. Sprinkle with chopped parsley and remaining 1 teaspoon of dried chili flakes

Smoked Sucker Chowder

1 lb Smoked sucker
1 can (10-1/4 oz.) frozen condensed crème of potato soup
3 cup Milk
1 tablespoon Grated onion
1 sm Bay leaf
1 dash Pepper
1 can (8oz.) whole kernel corn
Chopped parsley

Remove skin and bones from fish. Flake. Combine soup, milk, onion, bay leaf and pepper; heat until soup is thawed, stirring occasionally. Add corn and fish, heat. Remove bay leaf. Garnish with parsley.

Cheese Cracker Suckers

2 pounds Sucker chunks
1/2 cup French salad dressing
1-1/2 cups crushed cheese snack crackers
2 tablespoons cooking oil
Paprika

Skin fillets be-bone and cut into serving size portions. Dip sucker pieces in French dressing and roll in cheese cracker crumbs.

Place on well-greased cookie sheet. Drizzle fat over fish. Sprinkle with paprika. Bake in extremely hot oven (500 degrees) for 10 to 12 minutes or until fish flakes Easily when tested with a fork. makes 6 servings

Boggy Sucker Chowder

3-1/2 pounds skinned and boned Sucker fillets
1/2 cup chopped salt pork
2 medium onions, chopped
1 cup celery stalks and leaves, diced
3 cloves garlic, chopped
1 small green pepper, chopped
1 large can of tomatoes
1 can tomato paste (large or small, you decide)
2 tablespoons Worcestershire sauce
1 teaspoon liquid hot pepper sauce
2 teaspoons black pepper
1 tablespoon salt
9 white potatoes cut into chunks
3 large carrots, sliced



Cut Sucker fillets into chunks. In a large Dutch oven, fry salt pork until light brown. Add onions and cook until done. Add celery, garlic and green pepper and cook for 5 minutes. Add tomatoes, tomato paste, Worcestershire sauce, hot pepper sauce, pepper and salt. Cook 10 minutes. Add 1 pint boiling water, potatoes and carrots. Cook until potatoes are nearly done. Add mullet chunks and simmer until the fish flakes easily when tested with a fork.
Makes 6 generous servings.

Breakfast Suckers

7.5 pounds of ground sucker
2.5 pounds of fresh pork breakfast sausage
2 chopped fresh jalapenos
Teaspoon of crushed red pepper
saltines
grated sharp cheddar
Minced onion
2 eggs

Make into thin patties and fry

2 cups of Flaked Smoked Sucker
2 Celery Stalks
1 Small Onion
8 oz of Cream Cheese
8 drops of Worcestershire Sauce
6 Drops of Liquid Smoke
2 Tablespoons of Garlic Powder
Tabasco Sauce (to taste)

Mix everything together and let set in fridge for 2-3 hours before serving.

Smoked Sucker Dip

1 ½ cups crumbled smoked fish
1/2 cup milk
8 ounces light cream cheese, softened
1/4 cup finely minced onion
1 stalk finely chopped celery
1 tablespoon finely minced fresh parsley
3 teaspoons sweet pickle relish
1/2 teaspoon lemon juice
1 teaspoon Worcestershire sauce (or to taste)
Cayenne, salt and pepper to taste

Put the smoked fish in a medium bowl and add the milk. Cover and chill for 30 minutes to an hour. Stir in the cream cheese, onion, celery, parsley, relish, lemon juice, Worcestershire sauce, and cayenne, salt and pepper to taste.

Cover and chill for 2 to 3 hours until flavors have blended.

Serve with your favorite crackers

Super Experimental Recipe Sucker-Wurst

Sucker-Wurst (bratwurst)

2 1/2 lbs fish It is best to mix 2 different Fish for even better taste – Remove Bones
2 1/2 Tbs water or ice
1 1/2 Tbs salt
1/2 Tsp white pepper
2 1/4 tsp sugar
1/4 coriander
1/4 tsp marjoram
1/4 tsp mace

Sucker Sausage Recipe

Fish	2 1/2 lbs ground raw sucker
Salt	4 tsp
Fat or oil	1/4 C vegetable oil
Flavor and texture	2/3 C cooked rice or bread crumbs
Water	1/4 C (more or less as needed)
Spice mix	1/4 of amount for 10 lbs fish

Part of the fun of sausage making is in creating your own spice mix. To get you started, here are the ones I have used. Each batch is for 10 lbs of fish, so 1/4 of it should be used for the basic recipe above. The amount used will also vary according to individual taste.

American

White pepper 2 1/4 Tbs
Sugar 2 1/2 tsp
Sage 1 Tbs
Mace or nutmeg 1 1/2 tsp
Ginger 1/2 tsp
Use 3 1/2 tsp spice per 2 1/2 lbs of fish

Italian

White pepper 2 tsp
Fennel 1 3/4 Tbs
Mild red pepper 2 Tbs
Coriander 3/4 Tbs
Paprika 1 1/4 tsp
Use 5 1/4 tsp spice per 2 1/2 lbs fish

Polish

Corn syrup 3 1/2 Tbs
Black pepper 1 Tbs
Marjoram 1 1/2 tsp
Garlic powder 1/2 tsp
Use 3 1/4 tsp spice per 2 1/2 lbs fish

Making the Sausage

1 Grind boneless, skinless chunks of suckers. The grinding is much easier if the fish is frozen. Thaw it just enough so it can be cut with a sharp knife.

2 If you are using fresh or fully thawed fish, you may want to add the water in the form of ice and grind it along with the fish. It is a good idea to keep the fish as cool as possible during the grinding and mixing.

3 Measure salt and starch into a large bowl. Add oil, rice or bread crumbs, spice mix, and ground fish.

4 Mix thoroughly by hand or with electric mixer. Add enough cold water to keep the mixture moist. Knowing the right amount comes with experience.

5 This mixture should be kept in the refrigerator until you are ready for stuffing. Artificial or natural casings may be used. Artificial ones come ready to slip on the horn. Natural casings are usually stored salted and/or frozen. Freshen them just before using and keep them wet. Straighten natural casing out by blowing into one end.

6 Slide about 24"–30" (for Basic Recipe) of casing over the sausage horn on your grinder. Tie off the end of the casing after you have stuffed the first 6 inches, then continue stuffing, allowing the casing to slip off the horn when it is moderately packed. Don't pack too tightly, so you can link the sausage without bursting the casing.

7 Tie off the casing after completing the stuffing process. Link the sausage by twisting. Links can be long or short depending on the planned use.

Cooking the Sausage

After the sausage is linked, it can be cooked immediately or frozen or canned for future use. You can cook them several ways.

Frying—remember that you are cooking fish, not meat. Don't Overcook.

Boiling—don't let cooking water exceed 190°F or the sausage may burst. Cook until firm, about 20–30 minutes.

Smoking—time will vary with sausage size. About 4–6 hours in a "Little Chief" type smoker seems about right. The longer you smoke them, the dryer they become. Smoked sausage must be frozen or canned for long storage.

- ▲ Unlimited consumption.
- One meal per month.
- ▼ One meal per week.
- Six meals per year.
- ◆ Do not eat these fish.

General Population		Women & Children	
Length (inches)		Length (inches)	
8-9	9-10	8-9	9-10
11-10	11-11	11-10	11-11
14-11	14-12	14-11	14-12
17-12	17-14	17-12	17-14
20-14	20-17	20-14	20-17
23-17	23-20	23-17	23-20
26-20	26-23	26-20	26-23
29-23	29-26	29-23	29-26
32-26	32-29	32-26	32-29
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68-62	68-65	68-62	68-65
71-65	71-68	71-65	71-68
74-68	74-71	74-68	74-71
77-71	77-74	77-71	77-74
80-74	80-77	80-74	80-77
83-77	83-80	83-77	83-80
86-80	86-83	86-80	86-83
89-83	89-86	89-83	89-86
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158-152	158-155	158-152	158-155
161-155	161-158	161-155	161-158
164-158	164-161	164-158	164-161
167-161	167-164	167-161	167-164
170-164	170-167	170-164	170-167
173-167	173-170	173-167	173-170
176-170	176-173	176-170	176-173
179-173	179-176	179-173	179-176
182-176	182-179	182-176	182-179
185-179	185-182	185-179	185-182
188-182	188-185	188-182	188-185
191-185	191-188	191-185	191-188
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263-257	263-260	263-257	263-260
266-260	266-263	266-260	266-263
269-263	269-266	269-263	269-266
272-266	272-269	272-266	272-269
275-269	275-272	275-269	275-272
278-272	278-275	278-272	278-275
281-275	281-278	281-275	281-278
284-278	284-281	284-278	284-281
287-281	287-284	287-281	287-284
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293-287	293-290	293-287	293-290
296-290	296-293	296-290	296-293
299-293	299-296	299-293	299-296
302-296	302-299	302-296	302-299
305-299	305-302	305-299	305-302
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311-305	311-308	311-305	311-308
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323-317	323-320	323-317	323-320
326-320	326-323	326-320	326-323
329-323	329-326	329-323	329-326
332-326	332-329	332-326	332-329
335-329	335-332	335-329	335-332
338-332	338-335	338-332	338-335
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