

Cooking Your Catch



by Sandie Gelineau



Here's an easy recipe from Kraft Foods....

Cheesy Tomato Fish Bake



INGREDIENTS

- 1 lb. frozen haddock fillets
- 1/2 cup Kraft Zesty Italian Dressing
- 2 large tomatoes, chopped
- 1/2 cup KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese
- 1 Tbsp. chopped fresh parsley

PREPARATION

- PREHEAT oven to 450°F.
- Place fish in 13x9-inch baking dish; drizzle with dressing.
- BAKE 25 minutes. Top with tomatoes and cheese.
- Bake an additional 5 minutes or until cheese is melted and fish flakes easily with fork.
- SPRINKLE with parsley

Makes 4 servings
Total time: 35 minutes

Got a recipe to share or request for a certain recipe?
Contact Sandie at sandie@risaa.org

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Departing Daily from Point Judith, RI

Committee Report . . .



Tag & Release Committee

Bill Sosnicki, Chairman



2007 Taggers of the Year Announced

Now that the 2007 fishing season has ended, and the results are counted, it is time to announce the 2007 finalists.

For the fourth year in a row, the 2007 Junior Tagger Of The Year is **Brendon Richards**. Brendon tagged 180 fish this year, and 160 of those fish were stripers. That's a lot of fish for this young man who fishes hard and often.

Speaking of a lot of fish, the 2007 Tagger Of The Year award goes to **Leonard Duffy** with a total of 1,222 fish tagged, and of those, 1,050 were stripers!

Len catches most of his fish in the Thames River in Connecticut.

Len took it easy on the fish compared the last year when he tagged a little over 1,400 fish. Len is one mean fishing machine, if you ask me.



Brendon Richards about to release a tagged striper

ELITE TAGGERS

Steve West joined the RISAA'S Grand Tagging Club (tagging 1,000 fish) this year. He managed to catch, tag & release enough stripers in the last few weeks of December to reach 1,003 fish. I had faith in Steve to make it. Already this year Steve has tagged 30 stripers. I think he's trying to beat his fishing partner Len Duffy. Come next December we see who finishes #1.

Only members who buy their tagging kits from RISAA are eligible to make the RISAA Grand Tagging Club.

Members like **Capt. Al Anderson**, who is the King of Tagging and in a class all by himself, buys his own kits directly from ALS. He knows that his tagging numbers are too high (in the thousands!) for the rest of us to compete. (Thank God). It's almost a full time job to keep up with the records of fish he tags.

Many of our charter captains, like Capt. Charlie Donilon who have tagged thousands of fish over the years, spare our little committee the hardship of keeping up to date with their tagging efforts. I would need a secretary just to keep up. Maybe this year they can write a few articles for this column.

TAG KITS RAFFLE AT MEETING

The winners of the free tagging kits awarded at our December seminar were **Mike Warner** and **Bob Marco**. They are now on the way to tagging for the American Littoral Society.

Each month members who attend the RISAA seminars are invited to sign up for a chance to win a free tagging kit and needle. These kits are paid for by the R.I. Saltwater Angers Foundation as a way of promoting tag & release fishing.

Just stop by the T&R table and put your name on one of the slips. Then, after the speakers are done, the winners names will be drawn and announced.