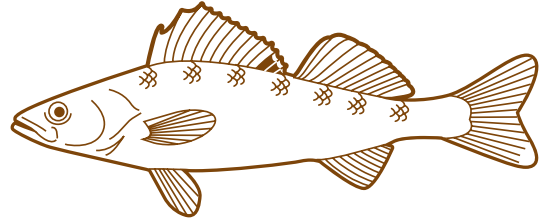


Walleye

Sander vitreus

Walleye, also known as pikeperch, are a freshwater finfish in the Percidae family. They live in lakes and tributaries and are native to the Northern United States and Canada. A walleye can be recognized by its torpedo-shaped body, two dorsal fins, and large silvery reflective eyes. They range in color from olive to golden yellow to blends of brown.



Where do the walleye I eat come from?

Walleye are an important commercial and recreational fishing species in the Great Lakes, but there is limited commercial fishing in United States waters. The majority of walleye are imported from Canadian and tribal fisheries.¹ Although farmed walleye have been raised to stock lakes and ponds for more than a hundred years,² they are a relatively new species for food fish markets. There are a small number of walleye producers in the Midwest region of the United States, selling to consumers directly from their farms or to local niche markets.³ You are most likely to find farm-raised walleye in Iowa, Minnesota, and Wisconsin.

Why eat walleye?

- Mild Flavor
- Firm Texture
- Lean Protein
- Vitamins & Minerals (nutrient dense)
- Omega-3 Fatty Acids

Are farmed walleye safe to eat?

Yes, farmed walleye is safe to eat. Seafood safety, which includes freshwater fish, starts at the farm. Walleye farmers raise their fish in ponds or indoor systems where they monitor and manage water resources and inputs such as feed. By providing quality feed and optimal water conditions, farmers can ensure that the walleye they produce are safe to eat. This means fillets have low to no contaminants.

To learn about wild-caught fish advisories, visit:

Eat Midwest Fish: Advisories
eatmidwestfish.org/advisories

EPA Fish and Shellfish Advisories and Safe Eating Guide
bit.ly/epa-safe-eating-guide

EPA State, Territory and Tribe Fish Advisory Contacts
fishadvisoryonline.epa.gov/Contacts.aspx

Baked Walleye with Mushrooms

Prep Time: 10 minutes / Start to finish: 15 minutes

Serves: 4

4 walleye fillets

6-8 Tbsp. melted butter

1 Tbsp. lemon juice

1/3 cup sliced mushrooms

1 Tbsp. finely chopped onions

Salt and pepper

1. Preheat oven to 350 degrees. Mix melted butter, salt, pepper, and lemon juice.
2. Dip fish in butter mixture and then place fillets into a shallow ungreased baking dish. Cover fillets with mushroom, onions, and the remaining butter mixture.
3. Bake at 350° F for 15-20 minutes or until the fish flakes.

Cooking Tips

Walleye have firm white flesh with a mild even slightly sweet flavor. They can be baked, grilled, sautéed, deep-fried, poached, stuffed or put into soups and chowders. This Great Lakes regional delicacy can be paired with white wine sauce, garlic, blackening spices, dill and/or lemon.

