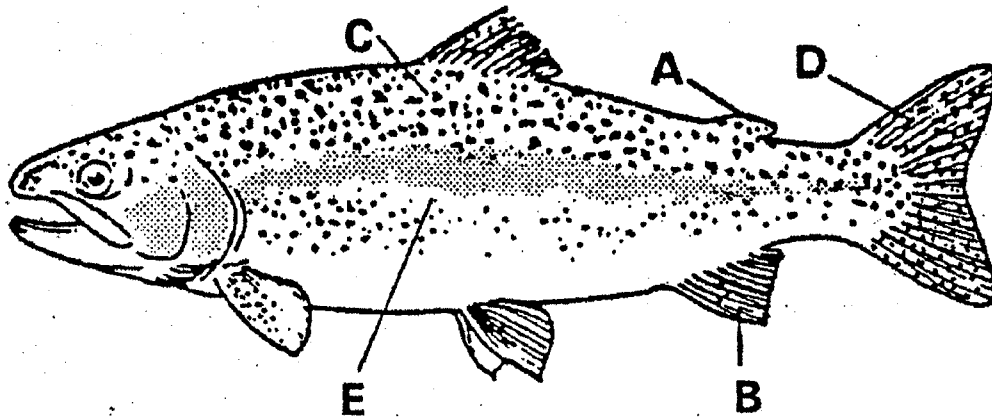




FISHING FOR RAINBOW TROUT



NATURAL HISTORY

The rainbow trout, *Oncorhynchus mykiss*, is a close relative of the Pacific salmon and is one of three species of trout found on Long Island. As with all trout and salmon, it has a streamlined body with an adipose fin (A). It differs from Pacific salmon in having less than 13 fin rays in the anal fin (B). The rainbow trout has dark spots on a light background (C). This distinguishes it from the brook trout which has light markings on a dark background. The best characteristics to use when identifying a rainbow trout are the black margin on the adipose fin and the numerous spots on its tail (D). This distinguishes it from the brown trout which has few to no spots on its tail. The rainbow trout gets its name from the distinctive pink stripe on its side (E).

Rainbow trout can live in medium to large streams or lakes and ponds, but they need access to streams in order to reproduce. Water temperature must remain below 70°F in order for rainbow trout to survive. Rainbow trout that live much of their life in the sea or large lakes and spawn in streams are often called steelhead.

Originally ranging from Mexico to Alaska west of the Continental Divide, the rainbow trout has been introduced into many parts of the world. It was first introduced into New York about 1874. The current state record is 26 lb 15 oz caught in Lake Ontario on May 22, 1985. On Long Island they are stocked in numerous ponds and streams, with the Connetquot and Nissequogue Rivers providing particularly good fishing.

New York State
Department of Environmental Conservation
George E. Pataki, Governor John P. Cahill, Commissioner

ANGLING TIPS

To catch a rainbow trout, an angler needs to be aware of the fish's behavior in different water conditions. In streams, rainbow trout tend to select areas with gravel or rocky bottom that have cover such as boulders, logs or deep water nearby. In ponds and lakes, rainbow trout tend to swim around looking for food, especially near cover such as a weed line.

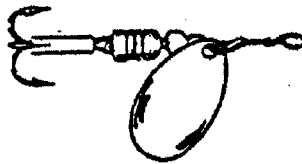


Bobber

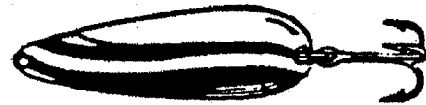


Bait Holder

A variety of techniques can be used to catch rainbow trout: bait, artificials and fly fishing. When bait fishing, size 6-10 baitholder hooks and 4-8 lb test line are best to use with a light to medium action spin-casting or spinning rod. Small bobbers can be used to suspend the bait in the water or split shot can be used to keep the bait on the bottom. Baits commonly used are worms, minnows, corn, crickets, salmon eggs or commercially produced baits such as Berkley Power Bait.



Spinner



Spoon

Fishing with artificials is a technique that uses a non-food item to imitate a food item. Spinners and spoons 1/32-1/8 oz are commonly used for trout. They are made of metal and imitate a baitfish. Artificials can either be cast out and retrieved or trolled. A piece of bait can be added to an artificial to enhance its attractiveness.



Dry Fly



Wet Fly



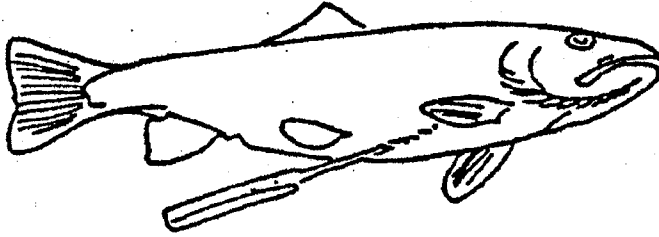
Streamer

One of the most popular methods of fishing for trout is fly fishing. Fly fishing requires special gear designed to cast small, light flies that imitate insects and baitfish.

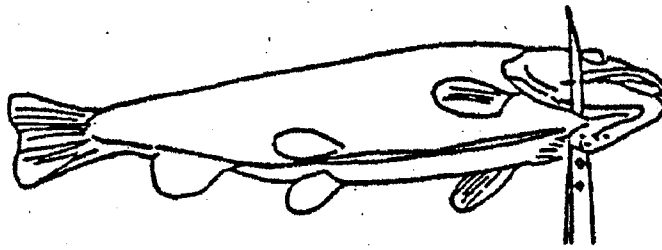
PREPARING TROUT

To keep your trout as fresh as possible, put it on a stringer or keep it in a cooler until you get home.

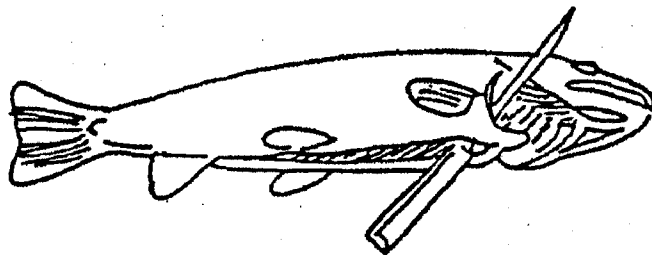
Cleaning Trout



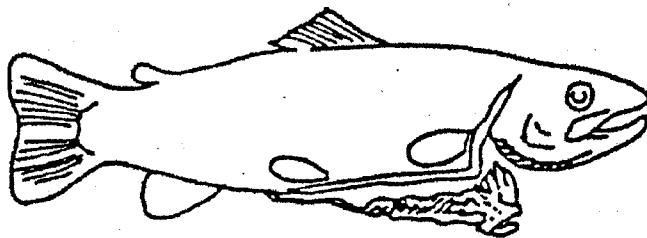
1. Clean trout as soon as you can after you get home. Insert a knife at the vent and slit the belly forward to the gills.



2. Insert the knife and cut at the point where the gill is attached under the throat at the V joining the lower belly to the head.



3. Place one finger in the belly slit and gill opening and separate the side of the body from the gills and gill rakers. Insert the knife and cut the flesh loose at bottom on both sides.



4. Stick a finger in the gill throat and tear out gills and gill rakers. Entrails will pull out with gills or remove them by hand. Remove the blood streak along spine.

COOKING TROUT

Fish-In-Foil Dinner

Butter or margarine

Lemon juice

Dried dill or parsley

One dressed or filleted fish

Paprika

Salt and pepper

Thinly sliced vegetable such as potatoes, mushrooms, carrots, and /or onions

1. Lightly butter the center of a sheet of heavy duty aluminum foil large enough to entirely wrap the fish with some room to spare.
2. Place the fish on the foil.
3. Sprinkle the fish with lemon juice and the spices.
4. Dot fish with margarine or butter.
5. Spread vegetables over the fish.
6. Seal the foil securely so no butter or juices can leak out.
7. Place foil package on a cookie sheet and place in oven at 350 °F or grill it over medium-hot coals. Cook fish until it flakes easily and vegetables are tender, usually 20 to 30 minutes. Turn package at least once if grilling over coals.
8. Serve directly on foil or on plates.

Skillet Fried Trout

Dressed Trout

Flour

Butter

Salt and Pepper

Lemon Wedges

1. Salt, pepper and coat trout by rolling in flour.
2. Melt butter in skillet. When butter is hot (over medium heat) but has not yet shown color, lay in the trout and turn the fire low.
3. As soon as the flour coating has set on the down side, with a spatula carefully loosen the trout from the skillet. Repeat this process occasionally shaking the skillet to keep the slowly browning trout free. Add oil or butter if needed.
4. After about 10 minutes of slow browning carefully turn the trout and repeat the above process.
5. Serve with a lemon wedge.