

Menhaden.....

Get to know the fish of the month

fishing knots...

Learn to tie the snell knot for more hookups

Topical Low Country Slaw...

Tropical and low country fruits & citrus combined

Matching wine...

Match a wine to your favorite dish

issue 1, volume 1 | price \$5 | first edition

# FishingCook®

a fishing & cooking magazine

## FISHING WITH YOUR KIDS

A story of patience and rewards



COOKING CHEMISTRY

## CULINARY PHYSICS

Studies the physical and chemical processes that occur while cooking.



## in search of truth

Where is the best spot to catch Sheepshead?  
Culinary Physic. How is it changing the way we Cook?

First Edition

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## FishingCook

a fishing & cooking magazine

EDITORIAL TEAM  
David Murray

PROOFREADERS

ADVISORS AND RESEARCHERS

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# FISHERMAN WHO COOK THEIR CATCH

CATCH RED DRUM  
BLACKEN'D REDFISH  
CATCHING SHRIMP  
LIME-GARLIC SHRIMP  
COOK OUR CATCH

**W**ith the new mind set of catch and release and eat what you catch, we have designed a new magazine that combines both of each world. There are many ways to cook your catch in lieu of breading it and deep frying. Think of shrimp: don't fry 'em, how about a Lime-Garlic Shrimp served with a Lime-Garlic Bur-Blanc?



## The ways to prepare our catch is limited only to your mind.

With the many food TV channels and the internet, you can find just about any recipe you can think of to add a little spice to your meals. Each month we will explore new and old techniques to help you catch more fish. We'll consult with the top guides and captains and rely on their experience to provide you with the information you can use to help improve your catches.

Not only will we tap the minds of the fisherman, we will consult some of the worlds top chefs and pick their brains to help us home cooks create stunning dishes for our family and friends.

I hope you enjoy the Fishing Cook magazine.

*Don't forget to make memories that will last a lifetime and take your kids fishing..*

*David Murray*

Fishing Cook





BEAUFORT, SC HAS AN UNBELIEVABLE COBIA RUN  
BY DAVID MURRAY

# BROAD RIVER COBIA

DURING MAY AND JUNE, THE BROAD RIVER IN BEAUFORT, SC SERVES AS A SPAWNING GROUND FOR COBIA. EACH YEAR THE SCHOOLS MIGRATE FROM THE OCEAN INTO THE BROAD RIVER TO BEGIN THE NEXT GENERATION OF OUR FISHERY.

Having the chum at the bottom will create a scent trail toward our baits. We go through 3 to 4 blocks during a day's fishing. You can never have too much chum.

Before launching the boat, we stopped off at a local tackle shop and visited The Eel Lady. That's not what she goes by, but that's our nick name for her. We purchased a dozen live swimming green snake looking sea creatures and we were off.

Our tackle consist of 2 Shimano Torium reels and matching Shimano Butterfly Jigging Rods that we fish at the stern in the flat line rod holders and 2 Shimano Baitrunner 4500's out of the outrigger rod holders. Our rigs are large Carolina Rigs with Gamakatsu 7/0 circle hooks snelled to 6 feet of 50 pound Cajun Leader tied with a Palomar Knot to a 90 pound barrel swivel. An 8 ounce egg sinker is threaded onto 60 pound

**←fc→** **T**his year's Cobia run up the Broad River was not as successful as years past. The Gourmet Fishing crew took 3 trips to Beaufort in search of the hard and tough fighting and delicious Cobia without a keeper. We did put 4 fish in the boat that were all under 30 inches and I released them to grow up for next year. The minimum size limit for Cobia in South Carolina is a 33 inch fork length. The fork link is measured from the tip of the mouth to the fork in the tail, not the tip of the tail.

**ALWAYS** **CHECK WITH YOUR LOCAL DNR FOR CURRENT REGULATIONS** As with most of the low country fishermen, we anchored up on the ocean side of the Broad River Bridge, SC Road 170, with the boat's stern just over top of one of the many holes that create current rips as the tide moves in and out. These rips create up wellings that disorient the bait fish that swim the mighty Broad River and create an easy Cobia buffet.

After positioning my Pioneer 197SF in the strong outgoing tide, we dropped a 5 pound block of frozen chum, ground menhaden, to the bottom of the river.

Power Pro Braid and tied with a Rapala Knot to the swivel. That's the Official Gourmet Fishing Broad River Cobia Rig.

The 2 flat lines are baited with a live swimming green snake looking sea creature, an eel, through the bottom lip and dropped straight down to the bottom in the path of our chum slick. I set the drag very loosely to allow the Cobia to pick up the eel and swim off without much resistance.

We will employ a Sabiki rig to jig up threadfin hearing. The threadfin come through the river in large schools and when they show up on your sounder, drop the Sabiki and hook away. I doesn't take long to catch a dozen of 'em. After loading up the live well with a dozen or so threadfin, the set out the remaining rods. We take a threadfin and hook 'em through the nose and toss the rig behind the boat on both sides. The Baitrunners employ a double drag system and we set the live bait drag system loosely for minimum resistance as the Cobia eats and runs. Turn the handle and the main drag engages.

It's time to sit back and wait for the bite. ZZZZZZZZZZZZZZZ, the sound we wait for. This time the flat line next to the chum bag takes off and I pick up the rod and tighten the drag letting the line

become tight and then the fight begins. There is no need to rare back and set the hook since we are using circle hooks.

Off to the right and to the surface with a big splash. After a minute or so, he comes to the boat and takes off again. Every time, to the boat and run. He has one more of those in him and then I grab his tail and secure him under his mouth. Circle hook in the corner of his mouth. Perfect. I take out the hook, we measure him

at around 28 inches and then I helped revive him a little and let him swim off for next year; hopefully he'll be close to

38 inches. No keepers during the first week in June of 2012, but a good day on the water. Next year, I believe the Gourmet Fishing crew will

be back, but we will head toward the ocean and fishing the rips out there: the Christmas Tree, the Turtle. They all have their own local names...

Fishing Cook



THE AUTHOR w/ A KEEPER



COBIA AT THE BOAT

COBIA ARE

FOUND

HANGING

AROUND THE

RIPS AMBUSHING

AND EATING BAIT



DEPRESSION IN THE FLOOR CREATE RIPS AND WASH BAIT DURING THE TIDAL EBB AND FLOW



I've fished our freshwater lakes to our beautiful salt marsh and all the way out to the deep blue Atlantic. I've caught largemouth Bass, to Speckle trout, to Sailfish. And I've done it all from what I consider one of the best built all around boats. Pioneer's 197 Sportfish.

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David Murray, Charleston, SC  
Host, Gourmet Fishing TV Show



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# BLACKEN'D COBIA SERVED WITH A LOW COUNTRY TROPICAL SLAW

BY DAVID MURRAY

*fc* **T**he sweet and sour flavors from the fruits and citrus match and compliment the blackened spice flavors of the fish. I add toasted white and black sesame seed crust at the end for another added level of flavors.

The Low Country Slaw is a combination of island fruits and strawberries from the Low Country of Charleston with cilantro and fresh lime juice. A splash of aged balsamic vinegar bring all of the flavors together.

Fishing Cook



SLAW INGREDIENTS







## LOW COUNTRY TROPICAL SLAW

### Ingredient List

- 1 Mango, julienned\*
- 1 Chayote, julienned\*
- ½ Jalapeno Pepper, julienned\*  
(you can eliminate the pepper if desired)
- 8-10 Strawberries thinly sliced
- ½ Cup Cilantro Chopped
- 1 lime, Fresh squeezed lime juice

Well aged Balsamic Vinegar

### Instructions

Julienne the mango, jalapeno and chayote squash, slice the strawberries, chop the cilantro and place in a non-reactive bowl.

Add the lime juice and mix well. Your hands will do the best job, by the way.

Refrigerate for about 20 minute to allow the flavors to meld together.

\*Julienned is to slice in long thin pieces like match sticks.

## BLACKEN'D COBIA

### Ingredient List

1/3 Cup Soy Sauce  
1-2 Tablespoons Honey  
White and Black Sesame Seeds  
Blacken' Rub (see recipe)  
3 Cobia Fillets

### Marinade

1/3 Cup Soy Sauce  
1-2 Tablespoons Honey

Add Soy Sauce and Honey into a bowl and thoroughly mix until combined. Let stand for 10 minutes or so to extract the flavors.



BLACK & WHITE SESAME SEEDS



BLACKEN'D RUB

### Blacken' Rub


4 Tablespoons Hungarian Paprika  
1 Tablespoons Kosher Salt  
1 Tablespoons Ground White Pepper  
1 Tbs. Ground Black Pepper  
4 Teaspoon Onion Powder  
4 Teaspoon Garlic Powder  
4 Teaspoon Cayenne Powder  
2 Teaspoon Ground Thyme  
2 Teaspoon Dried Oregano

Combine and place in a food processor and mix well.



TROPICAL ADULT BEVERAGES

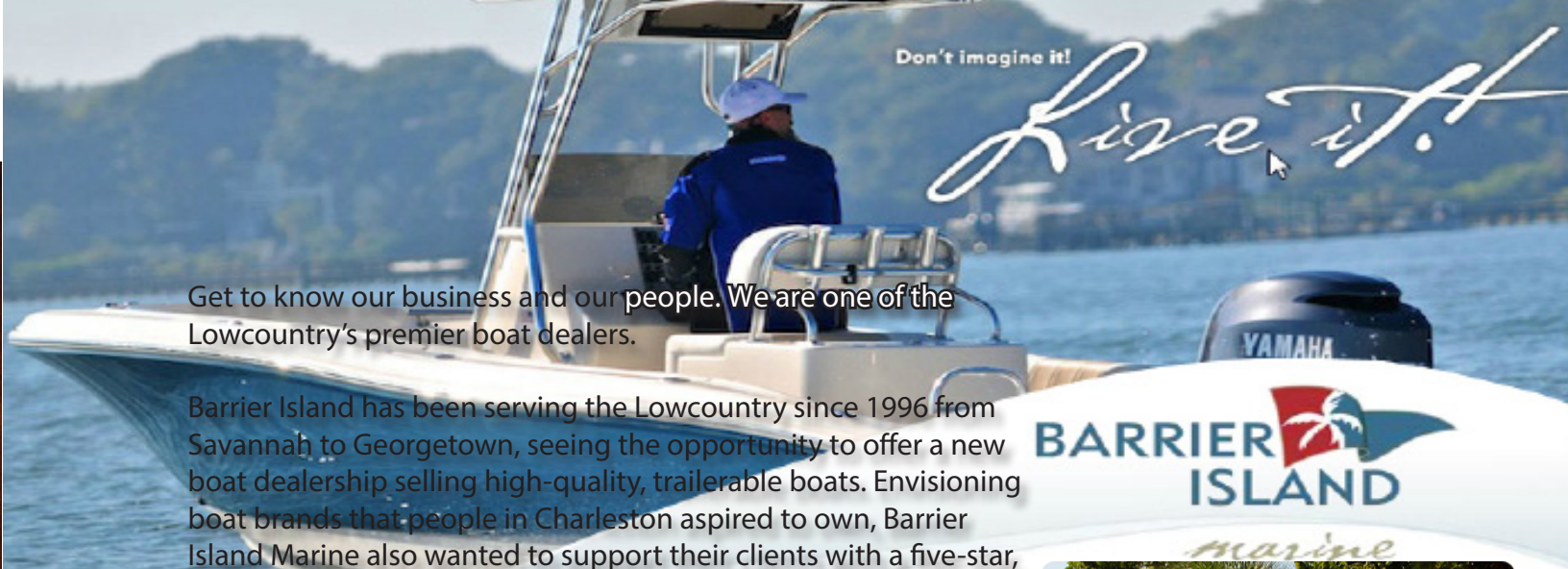
### Instructions

 **S**kin the fillets and remove the blood line from the center of the fish. You can skin and remove the blood line at the same time and save a step.

Marinate for 10 to 20 minutes.

Remove from the marinade and place on a flat surface and add the blacken rub to the fish and press into the fish.

Heat a skillet on medium heat and add a small amount of oil. When the oil just begins to smoke, be careful and



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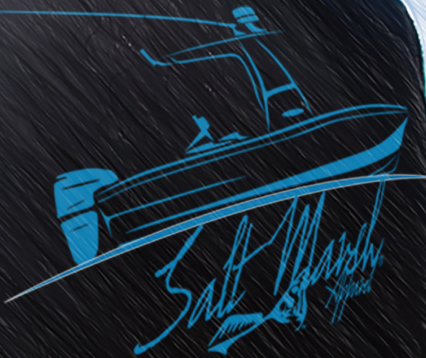
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place the rubbed side of the fish down in the skillet.

Add the rub to the other side of the fish and press the rub into the fish. Cook the fish for 2 minutes. With tongs flip the fish and cook for 2 minutes.

With your toasted sesame seed\*\* on a plate, place the fish on top of the seed and carefully press down. Do the same for the other side.

Cook the fish again for 1 minute to slightly cook the seeds.

Place the fish into a preheated 350°F oven and let finish cooking for 8 to 10 minutes (the fish will flake).

*\*\* In a small pan, heat it on medium high. Add your sesame seeds to the pan and heat and continuously move the seeds around. They will begin to pop releasing their liquid. Toast them for a minute or so after they begin to pop. You will notice a nutty smell. Transfer to a plate to cool.*



### Plating

**T**ake a plate and use a squeeze bottle to create a wasabi cream sauce ~ swirl decoration. Using a ring mold, if you have one, place your slaw in the ring and press down. Let the slaw sit while you plate your fish.

Take your fish and place it on the plate at an angle. I'll take a lemon slice and cut a slit from the center out to one side and twist the slice to create a decoration.

You can also take an extra strawberry and thinly slice it without cutting all the way through and fan it out and place it next to your lemon.

Remove the ring mold and top with cilantro sprigs, drizzle balsamic vinegar on top and serve with lemon wedges. Serve with a nice citrus based chardonnay of your choice.

#### ~ Wasabi Cream Sauce

1 Tablespoon Wasabi Powder      1 Tablespoon Cold Water  
1 Tablespoon Honey      1/3 cup Heavy Cream  
2 TBS Sour Cream

Mix the Wasabi Powder and cold water and mix into a paste and let stand for 15 to 30 minutes for full strength.

Mix the paste and honey until smooth and add to a sauce bottle. Add the cream and shake until mixed.



BY DAVID MURRAY

# KNOT OF THE MONTH

WHEN THE SNELL KNOT IS TIED CORRECTLY, IT IS ONE OF THE BEST HOOK SETTING KNOTS AROUND. THE USE OF AN OFFSET EYE HOOK IS ESSENTIAL TO THE KNOT. THIS ALLOWS FOR THE LEADER TO LIE FLAT AGAINST THE SHANK OF THE HOOK AND ALLOWS FOR A STRAIGHT PULL DURING HOOK SET.

THE SNELL KNOT IS A 100% STRENGTH KNOT THAT WILL PROVIDE YOU WITH CONFIDENCE

**T**he snell knot dates back to the early maritime history in Great Britain. The knot was developed to secure line to hooks. During those times, hook usually did not have eyes as they do today. Since no eyes were available, the snell knot was the perfect knot.

The snell knot is to be used with monofilament and/or fluorocarbon line/leaders. Then you can tie a line to line knot to secure the leader/line to your braid line if you are using braid.

The snell knot allows the force or load to be transferred from the shank to the line on your rod. Since the line or leader is tied directly to the shank and will produce a straight pull to the fish's mouth and is knot produces more hookups.

I use this knot exclusively when I'm fishing for Cobia and other bottom type fish; red drum, black drum, grouper, snapper, etc.

The snell knot is a 100% strength knot that will provide you with confidence that the weak point in your rig is covered. What ever the line strength is, the knot strength is equivalent. Snelled circle hooks have been shown to improve catches by 20% over standard



CIRCLE HOOKED COBIA

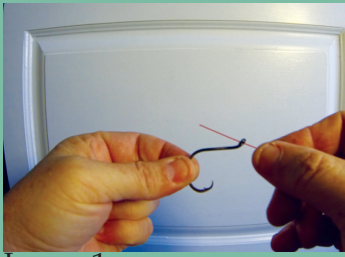


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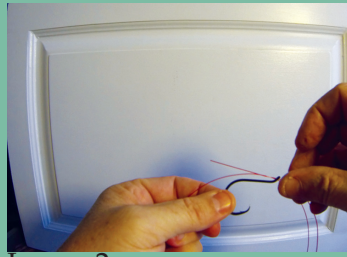


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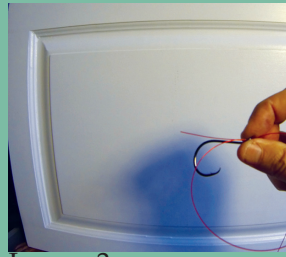


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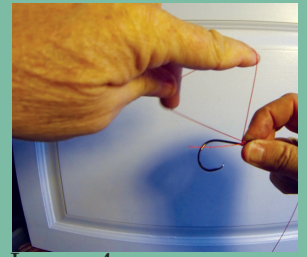


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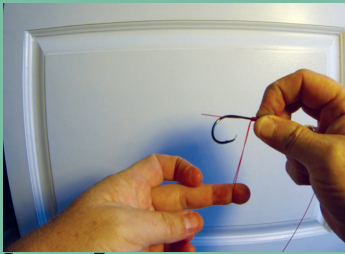


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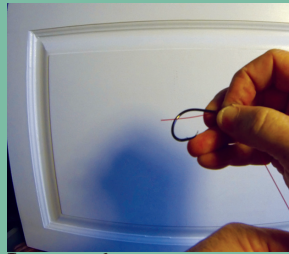


Image 6

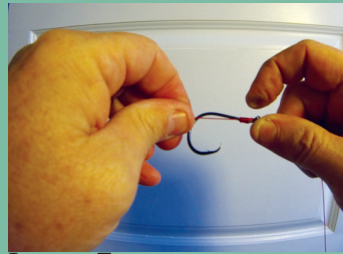


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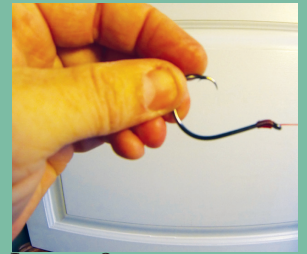


Image 8

# STEP BY STEP SNELL KNOT

SNELLED  
CIRCLE HOOKS  
HAVE SHOWN  
TO IMPROVE  
CATCHES BY  
20% OVER  
STANDARD  
KNOTS

knots. It may be an intimidating knot at first but with a little practice, it's an easy knot to tie.

## Steps in tying a Snell Knot



**I**nsert one end of your line or leader through the eye toward the bend and form a loop. Pass the end back through the eye to create a loop.(image 7) While pinching the line or leader at the eye with your index finger and thumb, begin making tight loops around and over the hook. The loops should be tight on the shank of the hook moving towards the bend.(image 10)

Make between 7 to 10 turns on the shank. Again, make the wraps as tight and close as possible. This makes for an easier knot at the end. (image 12)

With the ring and middle finger on the hand that you are holding the eye, secure the loop end. (image 14)

Pull the end of the leader that is laying on the palm of your hand away from the eye until it is tight.

Pull the tag end of the leader tight, also. (image 15)

Now, holding the bend of the hook, pull the leader end tight to secure the knot. Be careful not to hook yourself. (image 16)

Trim the tag end along the shank and you have completed the snell knot. (image 20)



SNELLED CIRCLE HOOK

Fishing Cook



# APRIL FISHING TRENDS

With the weather warming up and the water temperature also climbing, we see bait beginning to show up in the creeks. Peanut menhaden are out to be caught with the cast net. Fiddler crabs are back in the tackle shops ready to be feed to the crafty Sheepshead.

Red Drum, speckle trout and some flounder are ready to be caught. Trout can be caught on top-water lures, soft plastics and live baits. Red drum can also be caught on plastics, spinners and live bait. Flounder are slow but can be taken on live bait fished very slow. Sharks are also showing up and Bonnetheads can be taken on cut shrimp and cut blue crab fished on the bottom.

The nearshore action is pretty hot with Black Sea Bass everywhere. Rock bass, bluefish and black Drum are also plentiful using live shrimp, cut shrimp, fiddler

By David Murray



crabs and scented plastics. Sheepshead are still out at the reefs being caught on fiddler crabs. They will begin to move back into the inshore waters after their spawning activities this past winter.

Offshore waters are heating up with action. With breaks in the weather, Wahoo are patrolling the ledge; big ones. As the month of April progresses, Dolphin begin to show up. 180ft and out. The black fin tuna bite should be on. Skirted Ballyhoo is the bait of choice. Keep an eye out for rips and color changes and also the great weed lines.

Offshore bottom fishing is also active with Black Sea Bass,

Triggerfish, snapper and grouper.

Don't forget to check the regulations before you fish.

It all explodes next month. we just have to get through April.

Good fishing....

Fishing Cook



Author David Murray with a spring spot-tail



# LUSCIOUS LIBATION

For years, all of the populated islands of the Bahamas have their own variation on the fruity rum punch. It seems that the Goombay Smash is the drink of The Abacos. Within the islands of the Abacos, there seems to be island specific Goombays.

Now, I have one that is a combination of those and a combination of what flavored rum I can get at my local liquor store. This is the Murray Cay, Goombay Smash. You'll never find Murray Cay on any map, but if you know the right people, they can direct you to my backyard and the Murray Cay outside kitchen and bar. Ring game and all.

Fishing Cook



## *Murray Cay Goombay Smash*

Ingredients:

2oz Goombay Juice (see recipe)

Pineapple-Orange Juice

Grenadine

Ice

Preparation:

In a tall glass, fill with ice and pour the Goombay Juice over the ice, 1/2 way up the glass. Add a splash of grenadine. Then add the Pineapple-Orange juice. Stir thoroughly.

# BAHAMAS FLAVOR AT HOME

## *Goombay Juice*

Ingredients:

Coconut Rum

Pineapple Rum

White Rum

Dark Rum

Spice Rum

Preparation:

Mix equal parts of the Coconut, Pineapple, White and Dark Rums together. Add two parts of the Spiced Rum. Mix thoroughly and store in its own container.

(I use a 1/4cup of the Coconut, Pineapple, White and Dark Rums and 1/2cup of the spiced rum.)





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