



What shall we do today?

Here's an idea ...

1. Pack up the kids for a fishing trip and head to Trout Creek Farm in Mission, where they won't get "skunked".
2. Grab the neighbours and grandmas too ... Everyone let's have a party!
3. Bring the salad, hot dogs & barbecue tools & briquettes, and barbecue your catch.

What else should I know?

\$2.00 admission charge for each person allows you full use of our play area, washroom, fishing equipment and barbecue/picnic area. We charge for the fish you catch. All fish are keepers. Pay by size: from \$10.00 for fish 14½ & under & up to \$50.00 for the "whoppers" over 20" long.

Driving Directions

From Vancouver take the Lougheed Hwy. East, and head for Mission, BC. Before you reach the city, turn left on the Hayward Connector follow and take a right turn on to Keystone, then turn right on Townshipline Ave. Follow Townshipline Ave. and watch for our sign on the right. Head up the drive way and get ready to fish.



Completely wheelchair accessible and safe.

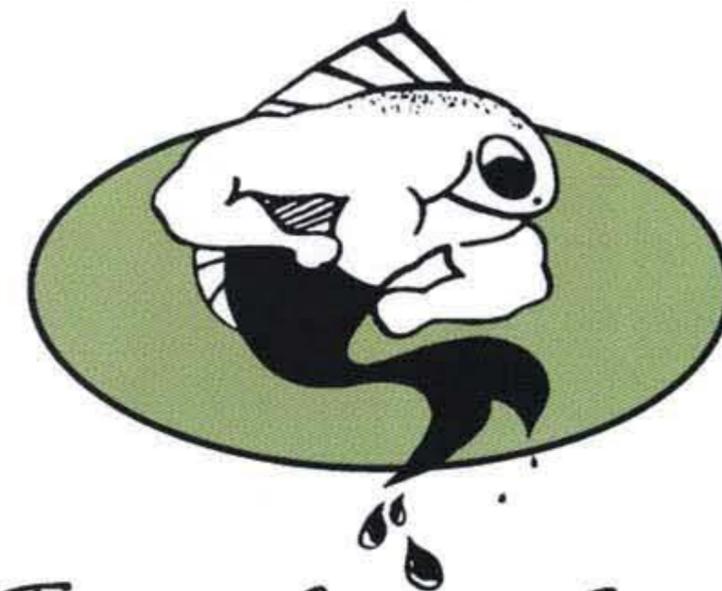
Trout Creek Farm

31474 Townshipline Ave., Mission, BC

Phone: 604-826-5640

Email: info@ucatchbc.com

www.ucatchbc.com



Trout Creek Farm

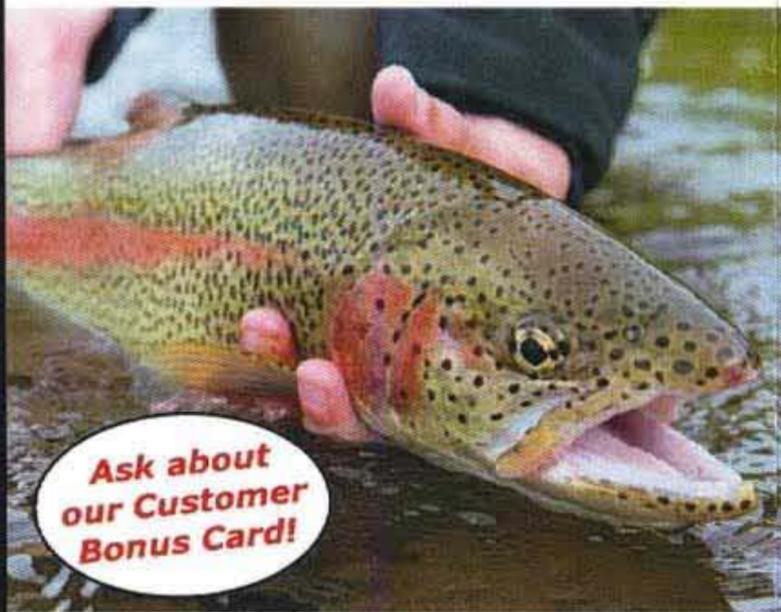
31474 Townshipline Avenue, Mission, BC V4S 1G4
Phone: 604-826-5640 Fax: 604-826-5631

U-Catch

We put the FUN in FISHING!

Open 9 am till Dusk, April to October
Closed Wed. *Wheel Chair Accessible

Trout Creek Farm



Ask about
our Customer
Bonus Card!

Remember to call and book your time so you won't be disappointed. Birthday parties are fun here!





Rainbow in the pan

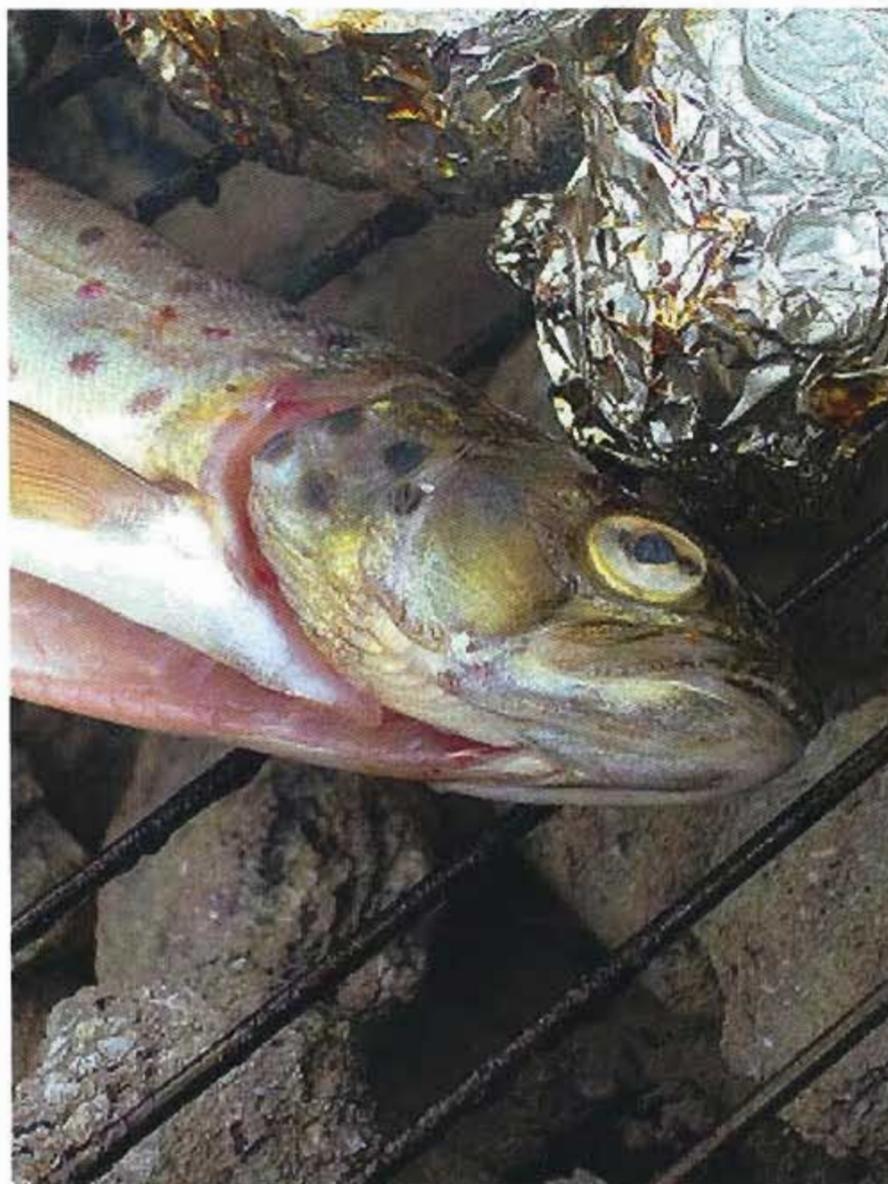
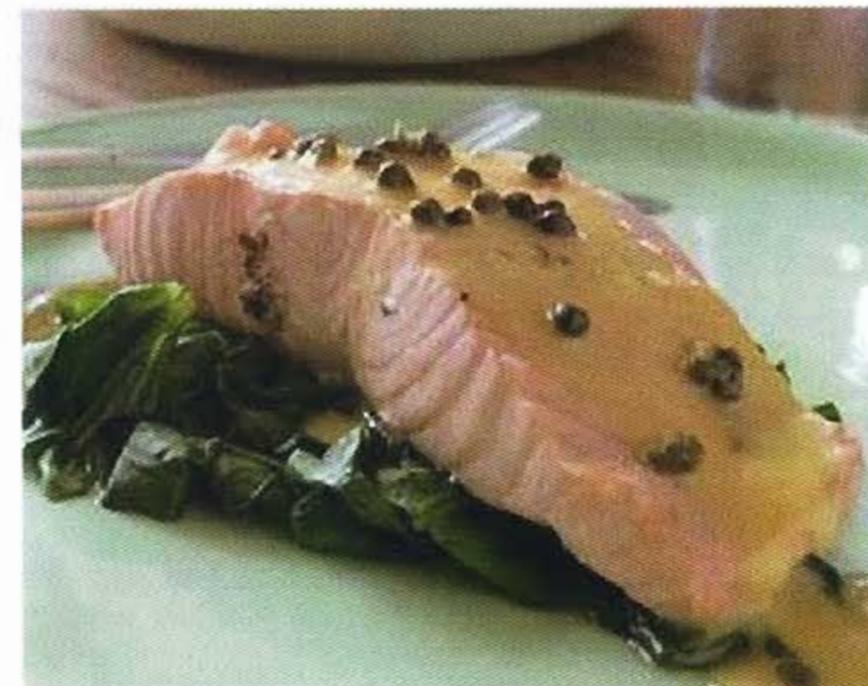
Rainbow trout, any size
 a pinch of salt
 a pinch of pepper
 tbsp light oil
 garlic (optional) or any other
 seasoning you enjoy

1. Mix flour, seasoning salt and pepper.
2. Dredge trout through the mixture.
3. Put oil into a hot frying pan, and turn the heat to medium.
4. Place floured trout into pan.
5. Measure the thickness of the trout is 2 inches thick, you would fry for about 10. minutes on each side.

Rainbows Poached in Wine

4 Rainbow Trout, Approx. 14 inches
 1 Tsp. Seasoning Salt
 1/4 Tsp. Dill Seed
 1/2 Cup Dry White Wine
 Romaine Lettuce

1. Clean trout and remove head, tail and fins.
2. Add seasonings to wine and poach trout for 15 to 20 minutes or until done.
3. Allow fish to cool in poaching liquid.
4. Remove skin and lift meat from bones in one solid piece.
5. Serve trout on lettuce and top with mayonnaise or tartar sauce.



Rainbows On The Barbeque

Rainbow Trout
 Shake of Pepper
 Onion, sliced
 Pinch of Salt
 Dab of Butter
 Garlic, Lemon or any other seasoning
 you enjoy

1. Clean trout and lightly pat dry.
2. Put trout on foil wrap and slip some slices of onion underneath the trout.
3. Add salt and pepper and any other seasoning you like to the body cavity and finish with a dab of butter.
4. Wrap the trout lightly in foil wrap, and place on the grill.
5. Barbecue for 10 minutes for each inch of thickness, and turn once during cooking.
6. Trout is ready when the fish is opaque, and flakes.

HINT: If you are planning on freezing the trout, it will remain almost as good as fresh if you freeze it in water. Old milk cartons make good containers for trout frozen in water. You can keep the trout for up to 3 months when frozen this way.

**If you have a favourite trout recipe please share it with us.*