Along with hunting and gathering, the Ponca people historically fished for their food. They had various methods and tools for catching their fish: They made their fishing lines from wild hemp, horse hair or sinew and made hooks from bone; they caught them in nets or snared them with spears, and chased them out on sand bars and caught them. They even dove under rocks and caught them by the gills. Bow and arrows were also used to fish in the waters and traps made of willow baskets were used. The fish were cooked by holding over the fire on a long stick and turning, or rolled in mud and placed in the ashes of a hot fire.

Though it's not usually most people's only means of obtaining food today, fishing is still a fun hobby for many. It's also much simpler to catch those fish with today's advanced technology and tools. People can also enjoy the convenience of purchasing fresh or frozen fish from their local grocery stores. Fish is a lean source of protein, just be sure to grill or bake rather than fry when preparing.

Below is a delicious walleye recipe that can be baked in the oven. The walleye can also be substituted with your favorite white fish.

Crispy Baked Walleye

Ingredients:

- 2 eggs
- 1 T. water
- 1/3 cup dry bread crumbs
- 1/3 cup instant mashed potatoes
- 1/3 cup grated Parmesan cheese
- 4 (4 oz.) walleye fillets

Directions:

1. Preheat oven to 450 degrees F. Spray baking sheet with non-stick cooking spray.
2. Beat the eggs and water together in a bowl until smooth; set aside. Combine the bread crumbs, potato flakes, and Parmesan cheese in a separate bowl. Add desired seasonings and mix evenly. Dip the walleye fillets into the beaten egg, then press into the bread crumb mixture. Place into the prepared baking sheet.
3. Bake in the preheated oven until the fish is opaque in the center and flakes easily with a fork, 15 to 20 minutes.