

# A Fishable Feast: Fly Fishing and Eating Your Way Around the World

With Matt Supinski

**D. Roger Maves:** [00:00:00] Welcome to Ask About Fly Fishing Internet Radio, your source for learning more about fly fishing in cold water, warm water, and salt water. Hello, I'm Roger Maves, your host for tonight's show. On this broadcast we'll be featuring Matt Supinski, and he'll be answering your questions on A Fishable Feast: Fly Fishing and Eating Your Way Around the World.

This show will be 90 minutes in length, and we're broadcasting live over the internet. If you'd like to ask Matt a question, just go to our homepage at [askaboutflyfishing.com](http://askaboutflyfishing.com) and use that Q&A text box to send us your question. We'll receive your question immediately, and we'll try to answer as many of them as possible on the show tonight.

And while you're there, make sure to sign up to receive our announcements so you don't miss out on any of our future broadcasts. Just fill out the form on the right side of our homepage and we'll let you know when the next live show will be. This broadcast is being recorded and will be available for playback on our website about 48 hours after the show ends.

You can also find it on any of the podcast sites like Apple Podcasts, Spotify, Pocket Casts, or wherever you listen to your podcasts. If you have to leave early, you can return at our website or any of the [00:01:00] podcast platforms at your convenience and listen to the recording at any time. If you're out and about on Facebook, Instagram, or X, we'd sure appreciate it if you'd share our podcast, and when you do, use #askaboutflyfishing and #flyfishing.

In fact, if you have a moment, do it while you're listening to the show. We'd sure appreciate it. The content of this broadcast is copyrighted and is the property of The Knowledge Group Inc., doing business as Ask About Fly Fishing. When we return, we'll be talking with Matt Supinski about A Fishable Feast: Fly Fishing and Eating Your Way Around the World.

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Before we introduce Matt, I'd like to let you know about the great prizes we have to give away tonight. For our drawing tonight, we'll be giving away a one-year membership to Fly Fishers International and a one-year membership to Trout Unlimited. Now, if you haven't registered yet for the drawing, you can do so now. Just go to our homepage at [askaboutflyfishing.com](http://askaboutflyfishing.com) and look for the link under tonight's show that says register for a free drawing.

Click on that link and fill out the form and we'll announce the winners at the end of the show. We'll also be giving away a copy of Matt and Kirk's latest book, A Fishable Feast. Here's how you can win. You must be the first person to answer the question I ask at the end of the show, and the question will be about something that Matt and I talk about during the show.

And you just submit your answer along with your name and your location in the text box on our homepage. So listen closely, use your best typing skills, and hopefully you'll win Matt and Kirk's book, A Fishable Feast.

Tonight, our guest is Matt Supinski. Matt is a fly fishing guide, outfitter, [00:03:00] instructor, lodge owner and operator, freelance writer and photographer, book author, and culinary-trained chef from Newaygo, Michigan.

He has been fly fishing since the age of seven, having been brought up in the Niagara frontier of Upstate New York and spending time as a boy in Poland. In 1995, he opened his Gray Drake and Trout and Eagle Lodges, which he and his wife Laurie have been operating for 18 years. More than that now, I'm sure.

He guides clients for trout, steelhead, and salmon 280 days a year in Michigan's Great Lakes, rivers like the Muskegon, Pere Marquette, and Big Manistee in St. Joseph. He has fished from Russia to Europe, the UK, Iceland, and extensively throughout North America. Matt's book authorships have been bestsellers and have spanned over the past 20 years. They include: The River Journal: Pierre Marquette, Steelhead Dreams, and Steelhead Dreams 10th Anniversary Edition, Orvis Guide to Great Lakes Salmon and Steelhead, and co-authored a contribution to [00:04:00] Orvis' Ultimate Book of Fly Fishing, The Art and Science of Fly Fishing.

His latest books, Steelhead Dreams The 12th Anniversary: Selectivity and A Fishable Feast.

Matt has appeared on national TV and has had seven cover shots for Fly Fisherman, Fly Fishing and Tying Journal, Fly Fish America, American Angler, and also two covers on Orvis Annual Fly Fishing Catalog. He acted as a editor and contributor to several magazines, including Fly Fish America, Fly Fishing and Tying Journal, and the Fly Fisherman Magazine.

Matt, welcome back to Ask About Fly Fishing Internet Radio.

**Matt Supinski:** Wow, that was a long introduction, and that was quite an old one, isn't it? That's quite a while back.

**D. Roger Maves:** Yeah, yeah. We might need to update that.

**Matt Supinski:** Well, I don't guide... Yeah, that's like about 20 years old. Well, I don't guide 200 days a year anymore. We don't do the Gray Drake anymore since COVID.

But I still guide, yeah, and yeah, I had one book in there. Actually, last time I think I was on your podcast, I did a book, uh, my Brown Trout Atlantic Salmon book the [00:05:00] Nexus. The Brown Trout Nexus book.

**D. Roger Maves:** Yeah, that's right.

**Matt Supinski:** So it's like that.

**D. Roger Maves:** Yeah, yeah. Yeah. I was just looking-

**Matt Supinski:** So that's how this starts ...

**D. Roger Maves:** 'cause we've done several shows. Yeah, yeah.

**Matt Supinski:** Yeah, we did a couple shows, and thanks for having me. And yeah, let's get this party started.

**D. Roger Maves:** Okay. Did you bring the adult beverages with you tonight, or were you short on that?

**Matt Supinski:** I, you know, I'm gonna stay away from that till after the show. I usually-

**D. Roger Maves:** Oh, okay. Okay. Okay ...

**Matt Supinski:** Try to abstain a little bit because I enjoy them too much. So, uh, or else, you know, we'd get a little crazy, and you know, Roger, that's just not the way you roll, buddy, so. Just, you know,

**D. Roger Maves:** I wait till afterwards.

**Matt Supinski:** You're, you're, you're a pretty punk white dude, so, uh, you know- Yeah. ... I don't wanna, I don't wanna rock your little world over there

**D. Roger Maves:** Yeah, no, I, it's always a scotch after the show for me, so that's-

**Matt Supinski:** There you go.

**D. Roger Maves:** That's what I look forward to. Yeah. So yeah, we did, uh, past shows, if people wanna look up the past shows we did with Matt in the podcast archive, you can search there and search for his name, Matt Supinski. And yeah, we did one, The Brown Trout, Atlantic Salmon Nexus, Spring Creek Seduction, and Selectivity.[00:06:00]

Three shows over the past, oh, geez, oh, 10 years. It's been since, uh-

**Matt Supinski:** 30 years. 30 years? 10. No, 20 years at least.

**D. Roger Maves:** 10, 10 years. Uh, 2015 was the-

**Matt Supinski:** Yeah ... yeah. 2015. Yeah. Okay. Yeah. All right.

**D. Roger Maves:** Yeah, it was the first one Selectiv-

**Matt Supinski:** Time flies when you're having fun, right?

**D. Roger Maves:** Yep. Yeah. Oh, gosh, it's fly- by too fast. Too fast nowadays.

Well, good. Let's talk about your latest book, Fishable Feast: Fly Fishing and Eating Your Way Around the World. And so you worked with Kirk Deeter, who's also well-known in the fishing industry, and who I've interviewed on my show in the past as well. You know, what inspired you guys to write this book, put it together, and how did it come about?

**Matt Supinski:** Yeah, well, Kirk and I sort of met through when COVID broke out in 2020. I had, uh, actually 2019, I had my Brown Trout/Atlantic Salmon Nexus book just came out, and Kirk was gonna write a book about brown trout. We did a book signing last night at Schuler Books in Grand Rapids, and he said, "Son of a bitch, [00:07:00] you beat me to the punch on that book, because I was gonna write a book on brown trout, and all of a sudden I get a review copy for Trout Magazine to review it."

So he said he loved it a lot and gave it high props. And then in 2020, I started a magazine called Hallowed Waters Journal, an online magazine, and he loved that a lot. So we hooked up, and eventually I had a column in there. It was a pretty cool magazine where I had a column on culinary, since that's kind of my background, hotels and culinary, and it was called The Epicurean Angler.

And he said, we got together for dinner one day, he says, "Man, this is a life work for you. You know, you've done six books. Why don't... This could be the culmination of everything you've done." And prior to this, you know, people know me from my fly fishing and from my Hallowed Waters podcast and things of that nature, but people didn't know that I was a hotel food and beverage director, corporate, uh, food and beverage director for Sheraton [00:08:00] Hotels, Omni Hotels, Renaissance Hotels, some private hotels, and was a garde manger chef.

I was a trained chef, worked in New York City, Washington, D.C., West Coast, San Francisco, all over Europe. So this was a great way to fuse two passions together, culinary, cooking, uh, travel, and fly fishing. And no one's really ever did that. We've had such a plethora of books that have come out recently, and they seem to be drumming up the same topic, you know, flies and euro nymphing and all that stuff. It's all great stuff, but- It just gets redundant after a time. So I think we did something that could bring a lot of different people together, not just the diehard RoboCop fly fisherman, and I think it's, the reception we've got so far is pretty amazing. So that's, and he's done a lot of traveling with his fly lab and Trout Magazine.

So yeah, it was just a [00:09:00] perfect marriage, and we both are connoisseurs of the fish and the photography. He does a lot of warm water, saltwater stuff, a lot of saltwater, and I primarily do trout and salmon. And so we got to touch on pretty much the whole world, and all the continents, and came out pretty cool.

**D. Roger Maves:** Yeah, yeah. Who is the book for?

**Matt Supinski:** The book is for everyone.

**D. Roger Maves:** Would you say?

**Matt Supinski:** Okay?

**D. Roger Maves:** For everyone. Okay.

**Matt Supinski:** Yes, because you could pick up this book. So w- our vision for this book was to take National Geographic scenes and culture and photography, which the photography in the book is exceptional, and then fuse it together with Anthony Bourdain-esque dive into the, of the culinary and the cultures and the people, and then smother it with fly fishing and flies and, you know, everything that the passion evolves around when it comes to fly fishing. So with fly fishing and [00:10:00] food, you don't have to really be fly fishermen to enjoy this book because it talks about all the cultures and all the things that people love to do, and eating and aromas and scents and villages. And so everybody could identify with this book, and I think that's why it's so successful right now with people, that it's really resonating a lot with, "Hey, not another book that tells me how to rig up my tackle."

**D. Roger Maves:** Right. Good. Yeah.

**Matt Supinski:** It's a book about going out and enjoying life. It's about the *joie de vivre*, as the French would say, the joy of life. Chill out.

**D. Roger Maves:** Yeah.

**Matt Supinski:** Relax. Have something, grab some sausage by the river and a nice beer and watch the fish rise, and you don't have to always pound, hook fish constantly till you're blue in the face, you know? I, I think we've-

**D. Roger Maves:** Right, right ...

**Matt Supinski:** Distorted the whole fly fishing experience.

**D. Roger Maves:** Yeah, and it's, you know, it's in fact a book of stories of locations and countries around the world, and also it's a cookbook, right? I mean, there's-

**Matt Supinski:** Yeah, exactly ...[00:11:00]

**D. Roger Maves:** Every area has, uh, recipes. Some are, uh, I'm looking, blackened grouper sandwiches, and some are, uh, more location, I think, oriented rather than necessarily...

Does, it's not necessarily seafood, you know?

**Matt Supinski:** Right.

**D. Roger Maves:** But, but a lot of seafood. Yeah, yeah. Very cool. Yeah. One of the things I looked at, I go, "I wonder," you know, that Belize is one of your sections in here, and I go, "I wonder if they've got Belizean stewed chicken in there." Sure enough, it's in there. 'Cause that's-

**Matt Supinski:** Yeah

**D. Roger Maves:** You know, you're talking about a memory, and probably that's one of my memories in Hopkins, Belize, was on the beach, this little kind of, you know, thatched hut place, and this Belizean woman was making that stewed chicken and it tasted so great. And no matter how I make it at home, it never tastes as good as it did on that beach. You know what I mean?

**Matt Supinski:** Exactly, yeah. Exactly.

**D. Roger Maves:** And, and I think that's kinda where your book's at, too, you know, those experiences.

Now, of all the destinations in the [00:12:00] book, is there a country that surprised you most, both as an angler and a food lover?

**Matt Supinski:** Uh, it's a really tough one. I think surprised, well, you know, in my chapters on Italy and France, you pretty much know what you're gonna get from a culinary standpoint from those countries.

Those are the foundations, those are the pillars of modern cooking today. But I think what surprised me a lot is Scotland, because, you know, we all think of haggis and pies and meat pies and blood pudding, things of, that's England. Um, we think of those things that, oh God, I'm not gonna eat haggis and I'm not gonna, I'm so sick of pies, and that stuff, and it's just, you know, Scottish eggs. And the only thing that is really true Scottish that is so epicurean on all levels is their fine Scottish smoked salmon.

But the Scottish cuisine as a whole has really evolved because of all the immigrants from Europe that are there, the Indian, the Pakistani, a lot of Polish, a lot of [00:13:00] Czechs, a lot of Slovenians.

It's a melting pot, so when you go to Scotland today, you're just not running into your Scottish person that talks like this all the time. You're getting bombarded with different accents all the time from different people.

**D. Roger Maves:** Hmm.

**Matt Supinski:** So their cuisine has really changed because of that. And Iceland, too, because Iceland has a lot of immigrants into Iceland and you're totally overwhelmed by the diversity of seafood that is there, and the exceptional quality of the seafood, like lobsters things and scallops and, and their fish, and everything just is perfect. And you put that all together and you have, you have a fishable feast, or a movable feast, as they would say.

**D. Roger Maves:** Yeah. Yeah. Now, yeah, that's interesting. Yeah, Scotland as being a standout there.

What made you decide which, out of all the places in the world, what was truly a fishable feast for the book?

**Matt Supinski:** Well, I don't think [00:14:00] we really, like, measured, like we're gonna make this book and we're gonna go out and find fishable feast places. These are just places that we've been to that were-

**D. Roger Maves:** Mm-hmm ...

**Matt Supinski:** Part of our journey and part of our story, and every place is a fishable feast if you make it. I mean, and you know, that we didn't select places. I would've loved to include Spain in there. Well, probably in the next book. Spain is a culinary mecca, and uh-

**D. Roger Maves:** Oh, yeah.

**Matt Supinski:** So yeah, I mean, you could find a fishable feast anywhere you go if you look for it. And so yeah, we didn't really choose anything. We just sorta, these are the places we've been to. I was fortunate to be working as an apprentice, uh, learning the hotel and, and culinary trade in Europe when I was a young man, and a lot of my chapters are about that, and I spent a lot of time in those iconic places like Austria and Italy and all over the place. So those were places that were naturals. And then in my fly fishing career, I spent a lot of time in Iceland. I've been there so many times and, you [00:15:00] know, Poland is... I lived on a farm when I was a little boy in Poland on my dad's farm. That was something that I talked about in the introduction to my Brown Trout, Atlantic Salmon Nexus book.

That was the ultimate fishable feast because on this farm in northern Poland, I would watch my grandmother make big pots of soup and watch my uncles butcher pigs, and we'd go hunting for pheasants and stags, and the gardens were flowing. I learned everything at a r- a young age of nine, 10 years old, that I was already cooking stuff at that age, and then to combine it with my hotel career.

So I was privy to work in a lot of these places that sort of were, you know, nurtured the whole book concept.

**D. Roger Maves:** And I'm not sure. Uh, we got a question in from, uh, Nicholas Conklin in Texas, and he was on our show, too, a while back talking about fishing in Texas. But he says, "Do you have any advice," and I don't know if you do this, "or hardened tips for traveling with a [00:16:00] proper set of knives, spices, or other cooking tools?"

Especially when on a destination trip. I mean, do you cook on your trips or are you mainly partaking of, you know, the local, local fare?

**Matt Supinski:** Yeah. So I understand his question. I think if you're gonna go on a destination, if you're gonna rough it, you're gonna pack in, you're gonna do something, yeah. But all depends. I mean, destination trip could be a very fancy lodge somewhere that has a great chef, that has meals there, or it could be, you know, I'm gonna rough it out in the mountains of Morocco, and I better take food and knives with me and kill what I... kill, kill what I catch or kill what I hunt. So I mean, if

you're going to do that, I think Nicholas was talking about some stuff like that, you know, don't take anything elaborate.

There's a lot of small kits. I'm a big Henckels fan. I've always liked the German Henckels knives, and they even make something like... and I carry with me sometimes it's a six-piece travel knife set. It's dirt cheap. It's like 100 bucks. It has everything you [00:17:00] need. It's got a cutting board. It's in sort of like a, um, a very tight, well put together carrying case.

And the thing is, you don't ever wanna take really good knives with you or anything like that, 'cause you're gonna lose them, and every time you take stuff, you always lose it. So but if you want something roughing it, and you're gonna go in and backpack or you're gonna do something like that, these little handy knife sets, and a lot of different manufacturers make them, that are very handy, and they can pack in a backpack really well or in a travel case.

But check out that one that I use, that Henckels Forager Accent Set. It's pretty cool. Spices, you know, the mother spices of all, the rosemarys, the oreganos, the basils, the thymes, the paprika, you know, everything. You could go crazy. Your sage and tarragon, and you could, if you wanna get exotic, turmeric and cumin and curry.

Yeah, you could bring all that. The more you bring, the more you're gonna probably lose and- But it comes in handy. And yeah, so I think build on where you're going, what [00:18:00] destination is, and if you're gonna have to be cooking, then you should bring something as minimal as something like that.

**D. Roger Maves:** Yeah. Yeah. Yeah.

I remember in Italy when I was in Tuscany, outside the villas we were staying in, you know, there's hedges of rosemary.

**Matt Supinski:** Yeah. Oh, yeah.

**D. Roger Maves:** Yeah. You go to Tuscany, you don't have to bring any rosemary, that's for sure. It's all over the place. Yeah. Yeah. He also had another question. He says, "What good advice for those fishing overseas or traveling to new locations and having a plan for the cuisine?" What's good advice?

**Matt Supinski:** The plan for the cuisine is don't plan. Okay? When you go somewhere, go with the flow. Go and eat where the locals eat, and spend a lot of time in outdoor markets and, you know, just try to chill out. And I think a lot of times when we go to places, we try to say, "Oh, I gotta do this, I gotta do this, and I saw this on..."

So-and-so's so, so show and Stanley Tucci's show or Eva Longoria's show [00:19:00] or, you know, I gotta do this, gotta do this. And yeah, I mean, those are iconic places you have to travel, but the best places are the holes in the wall. And hang with the locals. First, assimilate. Don't look like you're the ugly American standing out like a sore thumb, and try to go to these cool places, and just spend a lot of time outside. The beauty of these destinations are outdoor eateries. No matter where you go, in Europe or Africa or Asia, it's all street stuff, street food, and some of the best food. So yeah, and then do some research. Try to find out which... If you have the money, if you have big wallets, you

could go to an iconic Michelin star restaurant, and if you don't, you're not gonna miss anything because some of the best food is the non-pretentious food, if that helps.

**D. Roger Maves:** Yeah. I went, um, this summer I went to France with my kids and my cousins from Germany, and we met in France and took a, a boat up and down the Yonne River. And one day we were just going into a [00:20:00] village and they had a market going, and I looked down and I saw this huge bin of chanterelles. I mean, they were just gorgeous.

**Matt Supinski:** Yeah.

**D. Roger Maves:** And you know, I couldn't resist. I just had them bag some of those up, went right back, and some butter, and I was good to go. You know, had a whole pan full of, uh, sauteed chanterelles. So like you're saying, you know, look for opportunities too, right? Of what's right in front of you is maybe really good and enticing as well.

Let me take another quick break here, and then when we come back we'll talk more about eating and fishing around the world.

**Matt Supinski:** Sounds good.

**D. Roger Maves:** The Ugly Bug Fly Shop in Casper, Wyoming has been serving fly fishers in Wyoming and around the world since 1983. Their selection of top of the line gear and a huge assortment of flies is one of the best in the land.

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So Matt, I always ask my guests at this time in the show, what's going on in your fly fishing world nowadays? What are you up to, and what are you getting into trouble with?

**Matt Supinski:** Well, yeah, so we, you know, the, we're at the Great Lakes, and the Great Lakes is obviously spring is migratory steelhead time. Big brown trout time. Michigan is a great brown trout state. One of the first places in the Western Hemisphere that brought the brown trout here.

So yeah, you know, the hatches are just starting up. We have, uh, the piers and certain rivers and lakes has a, have Atlantic salmon that are running [00:22:00] towards the shoreline looking for bait fish. So yeah, we got everything going on. Warm water species just opening up, bass and pike and muskie and, I mean, just an amazing fishable feast is available where we're at right now.

Yeah, it's all coming together. And cold spring, which I like a lot. A cold spring is very good for us 'cause it'll keep water temperatures cooler for the rest of the year. We had a lot of rain. We had flooding two weeks ago, massive flooding that made the, made the evening news, national evening news several nights.

My river, the Muskegon River, made the national news, so, uh, heavy duty flooding and evacuating of homes. Luckily, we were on a high bluff, so we're okay. But yeah, it's been a crazy weather year as it is all over the place.

**D. Roger Maves:** Oh, man. Last night here in Colorado, I got 12 inches of snow.

**Matt Supinski:** That's wonderful.

**D. Roger Maves:** I mean, we, yeah, we waited all winter for it, and it comes in May, believe it or not. And it was on the national news today, too. So yeah.

**Matt Supinski:** Somebody's [00:23:00] praying, right? Because you guys need some water.

**D. Roger Maves:** A lot. Oh, we need the water. Yeah, yeah. I know the East Coast got plenty of water this year, but we didn't get any, so, um, yeah, we're welcoming it with open arms. Yeah. Now, if people wanna follow what you do and what you're up to, what website, websites should they, uh... where can they find you?

**Matt Supinski:** Yeah. Uh, graydrake.com. G-R-A-Y-D-R-A-K-E, graydrake, one word, .com talks about what I do. Also, my Hallowed Waters website, hallowedwaters.com. And, you know, that, and then my podcast. I'm gonna start my podcast back up. I took a little break. I had back surgery this winter, so I'm finally healing up from that and could sit at long periods of time. So yeah, I, uh, all of the above.

**D. Roger Maves:** Yeah. Yeah. Great, great. Yeah. Yeah, that back surgery's no fun. I did that two years ago, but changed my life afterwards for the better, so I ho- I hope it worked out well for you, too. Yeah.

**Matt Supinski:** Oh, yep.

**D. Roger Maves:** Yeah.

**Matt Supinski:** Yep.

**D. Roger Maves:** Yeah. [00:24:00] Great. Great. Well, thanks for sharing that. Now, another question here is, how does sharing meals with local anglers deepen the fly fishing experience for you?

**Matt Supinski:** Sharing meals, well, it's great. You know, you're at the lodge and you see people. That, that question is, I guess, two parts. So local anglers, if you're in a country, and if you're in Italy, for instance, whether you're in Tuscany or Umbria or up north Near the Alps, the local anglers are the friendliest people. They share ideas, fly patterns. Uh, you'll find out their techniques are just as similar as ours, and, and they usually point you in the right direction.

But sharing meals, I think one of the big points of the book is, you know, when we came up with the title, I think that's kind of interesting. Originally, we were gonna call it Epicurean Angler, and then our publisher said they didn't really like that idea much, so Kirk came up with a great title, Fishable Feast, based on Hemingway's Moveable [00:25:00] Feast.

The Moveable Feast was his posthumous book that was published based on a bunch of manuscripts of when he was in Paris, and he was a starving writer, and he was walking through Paris, and he's saying that everywhere, if you live long enough, everywhere in Paris is like a moveable feast. The food, the fashion, architecture, the art, it's just a sight for the eyes.

It's just a beauty for the eyes, and that's how we came up with The Fishable Feast. And the more I did my research, and my chapter France is one of my best chapters because I was a hotelier, and I was fascinated by Charles Ritz. And Charles Ritz wrote a book called The Fly Fisher's Life, and he was a fanatical fly fisher, and he was the originator of Ritz Hotels.

And he was also a collaborator with Frank Sawyer of the Pheasant Tail Nymph fame, a British ghillie on the River Avon, and they also collaborated with Tizon and Michel Rods to make bamboo rods and Sawyer's parabolic rod. So he sort [00:26:00] of had a fraternity of people he was friends with, so the lefty craze of the world and the Schwiebert's and everybody sort of got together.

And the fraternity of people that he brought with him to his club on the River Real, which is the river I talk about in France that I was at, and he had the Facrio Club, which is the Brown Trout Club. And, you know, he had a beautiful little mill club there, a little chateau where he'd be eating dinner with Frank Sawyer and Escoffier, the chef that pretty much invented modern cuisine, would come in from Paris and bring some pates and foie gras. And, and Hemingway would pop in for dinner, and somebody else would show up, and some other dignitary would show up, and they were just chilling in the country, eating good food, drinking good wine and cognacs and whiskeys and fishing to blue-winged olive hatches. And that fraternity is what this book is about.[00:27:00]

It's not just eating a meal and go fishing. This, that whole joint union of the celebration of life is critical to what The Fishable Feast is when you read it.

**D. Roger Maves:** Yeah. Yeah. Yeah, I hear you there. Because I just reread last year the Hemingway's The Sun Also Rises.

**Matt Supinski:** Sun rises, yeah. Yeah, beautiful. Beautiful.

**D. Roger Maves:** Yeah. It, yeah, it started in Paris. They went down to Spain. They were fly fishing down there and doing the bullfights and stuff, but it was a, the whole thing of kind of what you were just talking about too, you know, of, um-

**Matt Supinski:** Exactly ...

**D. Roger Maves:** Uh, yeah, yeah, enjoyment of life. Yeah. But yeah, um, Steve Schram in California wrote this in, and it's kinda funny, so I'll, I'll read it.

He says, "If you were limited to one Atlantic salmon dry fly pattern and one subsurface pattern, which ones would you choose and why, and what beverage would you pair with each?" So I gotta kinda kick outta that.

**Matt Supinski:** Oh, God. Yeah. [00:28:00] So Atlantic salmon dry fly pattern, I mean, the bomber is just, you know, the deer hair bomber is the pattern. It moves water, and you could tie it in various colors of deer hair. I usually like blue and green colors with a little bit of white in the springtime.

And as you're getting closer to spawning season, where the eyes and the, um, the, the corneas and the cones and rods of the Atlantic salmon eyes turn towards the reddish orange spectrum, 'cause they're in the river for so long that that's the spectrum they focus on.

So Atlantic salmon focus on blue-greens in the spring, which is the, um, the offshore colors that... And they're foraging in that zone. And then when they come to the rivers, they get, focus on the red, black, orange spectrum. So a bomber you can't beat, and you could tie it in various ways. And then subsurface pattern, there's really one pattern that you need anywhere in the world for Atlantic salmon, and that's a woolly gun.

Three colors, it's black, orange, and yellow, and you [00:29:00] combine that in a two-fly or any way you wanna tie it, traditional or just simple with deer hair. It could catch fish anywhere there's Atlantic salmon. What would I pair with them? Um, that's interesting. Depends where I'm at. From a wine standpoint, we could talk a million ways, but I usually, with Atlantic salmon fishing, you have to pair a bloody good Scotch, me mate, a Scottish whiskey.

So, uh, I'd say, you know, some of the Highland single malts, Glenfarclas, you know, uh, Macallan, some of those ones, Aberlour, are great to pair with Scotch. So since the Scots invented pretty much the modern Atlantic salmon ways of fishing, you must honor them with Scottish whiskey. Correct?

You there?

**D. Roger Maves:** Yeah, I'm here. Yeah. Uh, yeah, sounds good to me. Yeah, it's a nice pairing there.

Question came in on the internet here from [00:30:00] Treg in, uh, Moscow, Idaho. He says, "Is there anything you would not eat from a street vendor like ceviche?"

**Matt Supinski:** Yeah, you know- If from street vendors, ceviche, anything that's kinda raw, you gotta be skeptical of.

And depending on how warm the climate is, if you're... and, and stuff like that. So yeah, I tend to stay away from raw stuff or sushi as much, because you don't know how it's kept from street vendors. You wanna, I would say, stick with something that's cooked, and that isn't gonna be potential to give you some bad stomach problems.

**D. Roger Maves:** Yeah.

**Matt Supinski:** That's a good idea. Yep.

**D. Roger Maves:** Yeah. Yeah. Yeah, I have a, um, Spanish tutor that I have down in Oaxaca, Mexico, and I was asking him a similar question once. And he said, "Well, I kind of..." He says, "You gotta watch." He says, you know, "Are there a lot of people there every morning?" You know, "Are they lined up?" He says that it's probably pretty good and healthy.

But yeah, if there's not many people buying food [00:31:00] at these vendors, then stay away, so-

**Matt Supinski:** Yeah, exactly ...

**D. Roger Maves:** That was his local advice. Yeah.

**Matt Supinski:** That's a good- Yeah, yeah ... local advice. People are a good sign, for sure.

**D. Roger Maves:** Yeah. Just like any restaurant, right?

**Matt Supinski:** Absolutely.

**D. Roger Maves:** It's amazing, yeah, how, um, I mean, you've seen two restaurants side by side, one's full and the other's, you know, got two people at one table.

You kinda feel sorry for them, but there's gotta be a reason for that. Um, you know.

**Matt Supinski:** Yep, for sure. Yeah. Good food, good service, regardless of what the facility looks like, it all comes down to that price value and making you feel important. That's the key to dining today. Importance-

**D. Roger Maves:** Yeah ...

**Matt Supinski:** And good food and price value. You put those three together, it's not important about how the place looks, to be honest with you.

**D. Roger Maves:** Yeah, yeah. And it's just like that little hut on the, the beach in Hopkins, Belize. Wasn't much to look at, but the food was, like, incredible.

**Matt Supinski:** Oh, for sure.

**D. Roger Maves:** The, um... Yeah, yeah. Were there any destinations where the cuisine taught you something important about the local fishery or [00:32:00] ecosystem?

**Matt Supinski:** Uh, no. I mean, in Iceland, you know, the cuisine, no, they're not related. I, I don't see any correlation between the fishery and the local cuisine. Unless you're doing saltwater stuff, a lot of the local cuisine will probably tell you what kind of fish you're gonna be fishing for. But in the fly fishing world today, everything's so catch and release oriented, you know, that-

**D. Roger Maves:** Mm-hmm

**Matt Supinski:** You know, people don't really... Unless you're in Alaska and you gotta have halibut and stuff like that. But yeah, I wouldn't say it really does, um, I can't-

**D. Roger Maves:** Yeah, I was kinda thinking-

**Matt Supinski:** I can't identify with this question.

**D. Roger Maves:** Yeah, I was thinking along the lines of, I heard, I don't know if this is true, but that in Iceland that they do, that you can get whale. Now, I don't know if that's true or not. Did you find that?

**Matt Supinski:** Yeah, you can, you can get whale. They eat puffin too, which a lot of places don't eat puffin, wouldn't think of it 'cause it's a cute little bird. They have fermented shark, which is absolutely horrendous tasting. [00:33:00] But it doesn't mean you're gonna go shark fishing, so

**D. Roger Maves:** Right. Right ...

**Matt Supinski:** Um, the two are not really connected at all, no.

**D. Roger Maves:** Not connected, yeah, yeah. Yeah.

Let's see here. It's time for me to take another quick break, so hang tight and I'll be right back.

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If you're [00:34:00] listening to Ask About Fly Fishing Internet Radio, we're talking with Matt Supinski about The Fishable Feast. If you'd like to ask Matt a question, just go to, on the homepage, fill out that form, and we'll try to get your question answered on the show tonight.

Okay. So was there a destination in the book that offered the, the most underrated fly fishing experience? If I'm posing that question-

**Matt Supinski:** Yeah. Yeah. So it says, "What destination in the book offers the most underrated fly fishing experience?" Yeah, I would say, very frankly, that the Great Lakes, because as I was mentioning earlier-

**D. Roger Maves:** The Great Lakes ...

**Matt Supinski:** the Great Lakes has everything. I mean, and it's dirt cheap and compared to a lot of different destinations. So you got every trout, salmon, steelhead fishery possible. You know, it has incredible warm water fisheries, bass, pike, muskie.

I mean, [00:35:00] it really has everything, and it's very underrated. The, some of the best trout species, some of the biggest brown trout are caught here. We even have an incredible Atlantic salmon fishery. You take Lake Erie, Lake Ontario, Lake Huron, Lake Superior, Lake Michigan, it has it all, and it has so much more. There's enough water in the Great Lakes to flood the continental United States up to 10 feet. And that's just full of game fish.

So I think if you're underrating something, the Great Lake is totally underrated, 'cause we think about New Zealand-

**D. Roger Maves:** Yeah ...

**Matt Supinski:** And we keep throwing out, you know, destinations. You know, Argentina, New Zealand, yeah, they're incredible destinations, don't get me wrong.

But you're gonna pay for those destinations, and you gotta travel to those destinations. Could cost you your arm and leg to get there. Anybody could get to the Great Lakes. And well now, thanks to our gas prices, it's a little more expensive, but, you know, let's, let's hope that, uh, goes away. Um, but yeah, I'd say the Great Lakes, you know.

**D. Roger Maves:** Yeah.

**Matt Supinski:** And even like Colorado from a trout standpoint, and Kirk's [00:36:00] chapter on Colorado, you know, very underrated. And, you know, Alaska, a lot of these continental destinations are highly underrated, in my opinion.

**D. Roger Maves:** Yeah. Yeah, a lot of them in the lower 48 here we can drive to, you know, within a day or two.

**Matt Supinski:** Exactly.

**D. Roger Maves:** And yeah, it's, uh, I, I think I see where you're going with the Great Lakes, because that there is so much. And then even just moving off the Great Lakes, like, uh, smallmouth bass fishing in Wisconsin and things like that.

**Matt Supinski:** Yeah, the driftless area-

**D. Roger Maves:** Yeah ...

**Matt Supinski:** Spring creeks in Wisconsin. I mean, it just-

**D. Roger Maves:** Yeah ...

**Matt Supinski:** It goes on and on and on. It goes on and on. On, yeah. Yeah. Yeah.

**D. Roger Maves:** Yeah.

**Matt Supinski:** Pretty cool.

**D. Roger Maves:** What country had the most memorable river or lodge meals after a day on the water?

**Matt Supinski:** You know, that's another tough one. I'd say probably Italy, because when you get off the water fishing some of the spring creeks in Tuscany or Umbria, you're gonna have a feast like you've never had, and the quality of food there is just amazing.

That is probably [00:37:00] one extreme one. Iceland too, the, the quality of fishing is incredible. The few lodges that are there have incredible cuisine that's so fresh. You're eating food that was... Seafood that was caught that day, and the lamb, and yeah, I mean... And Scotland too. You know, the bounty of the land and the diversity of the ecosystems in places like Scotland and Italy and Austria, which I talk about, and France, they're just one giant movable feast, fishable feast. It's tough to zero in on one, you know?

**D. Roger Maves:** Yeah. Yeah, we, uh, my son and I went down to, uh, Chile and Patagonia this spring.

**Matt Supinski:** Right.

**D. Roger Maves:** And they, the one night when we came back, it was a first for me, but they have what they call a quincho, which is-

**Matt Supinski:** Yeah ...

**D. Roger Maves:** The kind of like a little hut, uh, where they do their barbecuing.

**Matt Supinski:** Right.

**D. Roger Maves:** And they took us down there, and they had a, a lamb, you know, spread eagle on a wood rack in front of the fire, roasting this lamb, [00:38:00] and that's gonna be a memorable experience. You know, you don't see that every day. So that's-

**Matt Supinski:** Yeah ...

**D. Roger Maves:** One that I will always remember. Um-

**Matt Supinski:** Oh, for sure. Yeah ...

**D. Roger Maves:** But, uh, yeah, yeah. Um-

**Matt Supinski:** Kirk talks about that in his book, his Argentina chapter. He says-

**D. Roger Maves:** Does he? ...

**Matt Supinski:** A lot of really good stuff. Yeah. Mm-hmm. Yep.

**D. Roger Maves:** Yeah, the Argentines do the same kind of thing down there. Yeah, yeah.

**Matt Supinski:** Yep. Mm-hmm.

**D. Roger Maves:** Yeah. It's, uh, again, a beautiful country, incredible food, and great fishing. What more do you want, right?

Question about all your recipes in here. Are these recipes that, is it a combination of you getting recipes from people on your trips, or did you design all these recipes, or how did the recipes come about?

**Matt Supinski:** Um, they're kind of a combination of everything. Our goal was, with the book, is to make comfort gourmet cuisine.

Comfort gourmet is comfort food that you could make easily at home in 45 minutes or less, but with a gourmet twist. And a lot of these [00:39:00] recipes I've used for years and years. I've... Some of them we picked up along the way by being there in the location. But, you know, you take, like, comfort gourmet cuisine, hearty cuisine, so, like, meatloaf, for instance.

Meatloaf's comfort food. You get meatloaf, mashed potatoes, green beans, carrots. That's comfort food. Good gravy. So we took it and made a Montana meatloaf in the Montana chapter, called the Ranch Meatloaf, Ranch Bison Meatloaf. So we took beef, pork, and bison, and we infused it with, uh, gruyere cheese and applewood-smoked bacon on top and made, like, an, a nice glaze over it, Bordelaise glaze.

And so you're getting something basic like meatloaf, but the flavors are just through the roof because we infused all these different ingredients. So that's what we've done with the cuisine in the book, is to do that flair that's common to the area, kinda common, [00:40:00] but that there's a story behind. Like, you know, veal marsala in Quebec.

You know, normally you think of veal marsala, you think of Sicily, you think of France, 'cause marsala wines, and, you know, Portugal and things of that nature, and Spain. But when I was in... I go to Quebec, uh, quite often. A chef over there, uh, made the most incredible veal marsala, and he put 'em over pappardelle noodles, and, uh-

**D. Roger Maves:** Mm

**Matt Supinski:** It was amazing. And you could take that recipe, and I made a- diversion the other night, and I put, we do pork tenderloin instead of veal, 'cause pork tenderloin's easier to find, and some people are offended by veal, veal tenderloins and stuff like that because of the unethical way

of how they raise. So and then we did that, and the pork just gave it a little more richness to the sauce with tons of marsh- mushrooms and Marsala wine, and we served it over mashed potatoes.

And we put glazed carrots with dill and pickles and some spring mushrooms and, um, morels, and we had a sort of [00:41:00] Alpine dish, a more Austrian dish. So our dishes are meant to improvise, so you can impart your flair into it and make it any style that you want to do. So that's the gist of what we try to do with this book.

**D. Roger Maves:** Yeah. Sounds like, you know, you're like, you stepped up the meatloaf recipe, right? You know, it's, uh-

**Matt Supinski:** We stepped it up. Sure. Yeah, absolutely.

**D. Roger Maves:** Yeah. Yeah. And yeah, I'm seeing that throughout the book here as I look through. I'm just getting hungry as I'm going through paging-

**Matt Supinski:** You know, I'm starving ...

**D. Roger Maves:** through the book here.

Yeah. Oh, that doesn't help. Yeah, a lot of these, uh, recipes look great to me. I love to cook, and I'm definitely gonna try some of these for sure.

The, um, was out of all these fishing experiences, was one location more technical, would you say, than others?

**Matt Supinski:** Yeah. So probably the most technical out of all the fishing, the chapters that I have in the book is the Catskills, [00:42:00] because Catskills are my lifelong sort of place I used to fish at when I was a little boy growing up in Upstate New York with my dad.

Met my, my wife has a summer home on the Neversink River there in the Catskills. My Selectivity book and my Nexus book have heavy Catskill influences, and the fishing is probably the most intense from a selectivity standpoint for trout, for wild brown trout in those tailwaters, and freestone rivers could be extremely demanding. So to really be a good Catskill angler, you really gotta know your bugs, you gotta know your techniques, you gotta know your presentation more so than anywhere in the world. So if you could catch a fish-

**D. Roger Maves:** Wow ...

**Matt Supinski:** On the east branch of the Delaware, a big wild brown on the east branch of the Delaware, you could probably catch a trout anywhere on the planet.

And they're an hour and a half from New York City, so they're some of the snootiest fish- ... on the planet, just like some of the people can be in that city. [00:43:00] And it's amazing how the trout mimic the population, but they're, it'll make your game up. So if you're a Catskill angler, you're probably one of the best fly anglers on the planet, in my opinion.

**D. Roger Maves:** Interesting. Interesting. Yeah, I wouldn't have thought of that, but, uh, makes perfect sense to me. Yeah. How was the... You did the chapter on Italy, right?

**Matt Supinski:** Right. Mm-hmm.

**D. Roger Maves:** Yeah. And how was the fishing there? I mean, the food is, you know, that's unquestionable.

**Matt Supinski:** Yeah.

**D. Roger Maves:** I know the food's good there, but, uh-

**Matt Supinski:** Yeah ...

**D. Roger Maves:** You don't hear a lot about, uh, fly fishing in Italy.

**Matt Supinski:** Yeah. Well, it's kinda sad because I talk about the Nera River, which is the most beautiful spring creek you ever imagined, which is in Umbria, which is an hour north of Rome, and I was working in the hospitality restaurant hotel business in Rome for a while, and you could take a train from Rome and go fishing on a beautiful spring creek on a catch and release fly fishing only spring creek that has got the most beautiful wild brown trout on the planet with [00:44:00] one of the best guides I've ever been with, and Luca Castellani, and you could be back in Rome eating at Trevi Fountain with your family for dinner.

And the same in Tuscany, the spring creek's there, and then you got the tailwaters up north, and you got the lakes up north, the big alpine lakes. You got the rivers up above Torino and that area. It's just so beautiful up there, and it... So you got the flare of the alpine rivers, the glacial melt rivers, the alpine rivers, then you got the lower spring creeks. You got the lakes, and then you even got saltwater fishing off the coast, the Amalfi Coast, Sicily, all over the, you know, the whole coastal area. So the fishing is great 'cause everybody goes there for vacation, and I think what this book is trying to tell people that when you go on vacation with your family and you go to Europe, a lot of people say, "Oh, I'm just going to Europe. We gotta go see the sights, gotta go to the museums, gotta go to the Colosseum. We gotta go to the Pantheon. You gotta go here. We gotta go here. We gotta go here."

But they don't realize that there's tremendous [00:45:00] fishing there, and-

**D. Roger Maves:** Right ...

**Matt Supinski:** And the Europeans are getting very, very conservation-minded, so they're, like, the Nera River has catch and release fishing, flies only sections.

So it's starting to become very, like, very similar to the United States and Canada and other places in the world where they value the fishing. So yeah, I mean, fishing's great there. Fishing could be great in France, could be great in Austria, could be great in certain parts of Germany, in, in the Alps, Poland.

I talk a lot about Poland, and the Poland chapter is great fishing in the Carpathian Alps there. A lot of the comp fishermen, all the Euro nymphers, Polish nymphing, Czech nymphing, it all started on those rivers over there, the Dunajec rivers there. So, you know, the Sarn, and a lot of the European competitions are there on those rivers.

So yeah, I mean, we gotta open our eyes, and Spain has some of the most beautiful rivers in the Pyrenees, in Asturias, and Atlantic salmon rivers in Spain, and it just goes on and on. But the tourism [00:46:00] clouds us. We don't think, and they're not-

**D. Roger Maves:** Right ...

**Matt Supinski:** fishing those rivers as much because like they do in Argentina and Chile, it's all about the fly fishing. There it's about-

**D. Roger Maves:** Right ...

**Matt Supinski:** history and the tourism. So if you cut through all that, I guarantee you go on Google, you're gonna find a guide that knows the stuff that are gonna take you to wherever you wanna go and any type of fishing you want. You can even fish in Venice. In the downtown Venice, you could fish through the streets underneath Venice that have spring creeks in them that have big rainbow trout in them. Kind of incredible.

**D. Roger Maves:** Yeah. That trip we took down the Yonne River this summer, I didn't bring any fishing gear because it was a kind of a family thing, you know, and like you say, a tourist thing, and I kicked myself 'cause I'm on the boat-

**Matt Supinski:** Yeah ...

**D. Roger Maves:** And I'm seeing fish on the boat, and I could have easily fished the whole trip almost because it was, you know, really laid back, right?

**Matt Supinski:** Yep.

**D. Roger Maves:** Uh, and I missed an opportunity. And then I saw a lot of local people fishing from the shore, and I go, "Oh, man."

**Matt Supinski:** Yeah.

**D. Roger Maves:** I didn't do my research on that one, and it [00:47:00] would've been so easy to do.

**Matt Supinski:** Right.

**D. Roger Maves:** But anyway, yeah, I guess you gotta do a little bit more research and, you know, like you say too, these certain locations get all the press, right? New Zealand, Iceland, you know, Patagonia.

**Matt Supinski:** Right.

**D. Roger Maves:** But there are plenty of other, you know... I guess once you get past, again, it's getting past the allure of, you know, big fish, exotic locations, and the times that most of us enjoy maybe more could be just a little stream with 10-inch trout in it, right? But the whole-

**Matt Supinski:** Exactly

**D. Roger Maves:** Experience is, is wonderful. Um, maybe more wonderful than some of these more exotic places. Yeah. Yeah.

Now, did you say you're not running a lodge anymore? You're done with that?

**Matt Supinski:** No, we don't. We had a bed and breakfast. We did a bed and breakfast for close to, uh, close to 30 years, but then we got shut down when COVID came about and, uh-

**D. Roger Maves:** Yeah

**Matt Supinski:** We never decided to do it back up again because [00:48:00] we were losing money the whole time. So it's kinda funny when you-

**D. Roger Maves:** Yeah ...

**Matt Supinski:** when you finally do the books and you finally talk to an accountant who says, "You know what? You guys did a great job there, but you were losing money the whole time you were doing that." And you're like, "What?" Most people in the fly fishing business lose money all the time. They don't realize it because they're so caught up into the passion of the angle that they don't realize it, and then they like, "Oh, wow, I wasn't realizing that I'm losing money out of this." So yeah, we don't do it anymore. We're very happy not to.

**D. Roger Maves:** You're kind of, uh-

**Matt Supinski:** We had enough of people for a while, to be honest with you.

**D. Roger Maves:** Yeah. Your, uh, your sound is kinda like sounding you're like you're underwater right now, so I'm wondering if anything's changed on your end there.

**Matt Supinski:** How's it now? Good? It's, it...

**D. Roger Maves:** no, it's breaking up. Yeah. And it just started doing that. It was fine up until just a minute ago. Hmm.

**Matt Supinski:** Uh- Living in the country with, uh, cell phones, not too good. How's it now? Good?

**D. Roger Maves:** Uh-

**Matt Supinski:** Can you hear?

**D. Roger Maves:** Well, we'll, we'll give it a try. Yeah, that's better. Maybe it's good now.

**Matt Supinski:** You're, you're breaking up on me too.

**D. Roger Maves:** We'll, we'll give it a try

**Matt Supinski:** You're breaking through.

**D. Roger Maves:** Oh, I am?

**Matt Supinski:** Yeah. Oh,

**D. Roger Maves:** Maybe [00:49:00] it's-

**Matt Supinski:** Okay ...

**D. Roger Maves:** Something going on

**Matt Supinski:** Let's go. Let's, let's chug through this. We'll get through it.

**D. Roger Maves:** Yeah. I'm looking at cedar-planked Atlantic salmon in your book. I've always wondered about that. Is that worthwhile to cook on the planks? Do you really get a flavor there that you can't get any other way?

**Matt Supinski:** Yeah, it really does. It really imparts a flavor to it you can't beat, and you let those... You soak those planks really well, and, and you char 'em, and you put that s- salmon on there, or any type of fish really, and it g- the flavor is just nice smokiness to it, and it keeps it nice and moist, the moisture from the wood.

So yeah, I would definitely give it a shot. You know, it can't hurt. And it makes the flesh... You can make it nice and charred on the outside, but nice and medium rare on the inside, like salmon should be. We tend to overcook salmon a lot. So yeah, I think that's the beauty of planking. Yep.

**D. Roger Maves:** Can you reuse those planks?

**Matt Supinski:** You can, if you-

**D. Roger Maves:** Or is that a- ...

**Matt Supinski:** Don't beat 'em up too hard. Yeah, I mean, if they're... You can [00:50:00] if you, if you don't beat 'em up too hard. Yeah, they can be used, and sometimes those have the best flavor on 'em. For sure, yeah.

**D. Roger Maves:** Hmm. Okay. Okay. Mushrooms. Oh, I see. Yeah, here's a picture of all the chanterelles. Looks just like, uh, what I was talking about. And, uh-

**Matt Supinski:** Yeah ...

**D. Roger Maves:** Yeah, yeah. This must be in the France section. Yeah.

**Matt Supinski:** That's in the France section.

**D. Roger Maves:** Exactly. Uh, yeah.

**Matt Supinski:** But, but that, that actually is of a beautiful picture that Tom Rosenbauer gave me, because he's got some of the best chanterelles in the United States where he is in Vermont. I shouldn't say that, but you gotta find him.

But Tom will never show you anything about that. He will not-

**D. Roger Maves:** Oh, yeah. Yeah ...

**Matt Supinski:** Tell you anything. But you-

**D. Roger Maves:** It's kinda like, uh- ...

**Matt Supinski:** know, a lot of these... Go ahead.

**D. Roger Maves:** Yeah, I was gonna say, it's kinda like, uh, the best fishing hole, right? We don't wanna be talking about it, right? Yeah. And that's same thing with mushrooms.

**Matt Supinski:** Exactly. Best fishing hole, best morel mushroom spots, chanterelle mushrooms. Chanterelles on, you know, there's some great states on the East Coast that get some beautiful [00:51:00] ones. Oyster mushrooms, chicken of the woods, morels, morels, morels, you know, that's the big thing. In Europe, of course, it's the tartufo, the truffles. You know, the blanco and nero tartufo, which is the truffles which the dogs find when you're in Umbria or Tuscany or any of those places. In France also. So, uh, mushrooms are king, for sure, in Europe.

**D. Roger Maves:** Yeah. Yeah. You talked about Eva Longoria. I've been watching the... They're searching for France, uh, recently, and yeah, they were talking about truffles last night when I watched it. That, and, uh, visiting a snail farm uh-

**Matt Supinski:** Yeah ...

**D. Roger Maves:** In France. Yeah. Yeah. Very, very interesting.

**Matt Supinski:** Escargot, escargot.

**D. Roger Maves:** Yeah. Yeah, yeah. How has, um- Well, let me back up because we talked about this a little bit, but I didn't ask you specifically. Did any of the recipes in the book come directly from guides or locals, families you met along the way?

**Matt Supinski:** I think couple that Scott, I [00:52:00] mean, excuse me, Kirk, Kirk did. He got a couple from guides, but not necessarily. No, I don't think on my part. Just the chefs in those countries, like, uh, his veal marsala, the way he did it with the sauce and, uh-

**D. Roger Maves:** Mm-hmm ...

**Matt Supinski:** But yeah. No, um, and then, you know, the innkeeper in the place that I stayed at in Umbria, he was from Venice, and he did a lot of orzo, like a scampi, shrimp scampi orzo.

Those came from them. So usually from the innkeeper, from the chefs at the lodge, stuff like that.

**D. Roger Maves:** Mm-hmm.

**Matt Supinski:** But none of them, none of mine came from guides, no.

**D. Roger Maves:** Yeah, yeah. Well, I, I suppose, you know, like the one, uh, Belizean stewed chicken probably came from somebody local down there.

**Matt Supinski:** Oh, sure. Yeah.

**D. Roger Maves:** Uh, that was Kir- yeah, yeah. That was, uh, that was one that kinda caught my eye. Um-

**Matt Supinski:** Yep ...

**D. Roger Maves:** let me, uh, I got to take another break here, so let me do that. We'll come back, and we'll talk more about food and fishing.

Fly Fishers International needs your support. Its conservation projects [00:53:00] at both the national and club level are addressing critical issues of importance to fly fishers.

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You're listening to [00:54:00] Ask About Fly Fishing Internet Radio, and we're talking with Matt Supinski about A Fishable Feast. If you'd like to ask Matt a question, just go to our homepage and, uh, fill out that form, and we'll, uh, try to answer it on the show tonight.

Oh, gosh. Okay, so here we go. Treg Owings in Idaho that wrote in earlier, he goes, uh, "How about Rocky Mountain oysters?" So, um-

**Matt Supinski:** Not a fan. Not a fan ...

**D. Roger Maves:** not a fan. No, I had them at, at the ball field, uh, Rockies field one time, and, uh, yeah, didn't become a fan either. So they're all yours, Treg. Um-

**Matt Supinski:** Good protein, though. Good protein.

**D. Roger Maves:** Good protein, yeah. He also said here, "Our guide in Loreto made ceviche on the back of the panga," and he said it was excellent. Well, yeah, can't get any fresher than that, right?

**Matt Supinski:** That's for sure. Yeah.

**D. Roger Maves:** Yeah. Yeah, and, and then when we were [00:55:00] in Belize, I was on a friend's boat, a sailboat, the first time I was in Belize, and we had...

There had some divers there that we gave them a few bucks, and they got us some conch, and, uh, they cleaned them for us, and we made conch fritters right on the sailboat there. Couldn't get any fresher, you know? So you gotta look for those opportunities when they're there.

**Matt Supinski:** Oh, sure.

**D. Roger Maves:** Do you think there's any big mistakes people make when traveling internationally on their fishing trips?

Anything we should do differently or you see being done commonly?

**Matt Supinski:** No, I don't. I mean, um, there's no mistakes today. I mean, you lose stuff. People sto- Your rods get stolen. You lose your reels. You, um, don't carry stuff on with you that you should have. Baggage is, uh, air travel today is a freaking nightmare.

I mean, it's a disaster. So you gotta just do your homework, make sure you dot your P's and dot your I's and P's. And, you know, you just have to do a little bit of research because depending on [00:56:00] destinations you go to, there's strikes over there, like you've been to Chile. You never know what you're gonna get in Santiago.

You don't know what's gonna happen. So I think just do your homework the best you can. Pack minimally, and pack whatever you really need securely with you on the plane. And, you know, it, it's tough traveling today, really tough.

**D. Roger Maves:** Yeah, I, uh, I found out, I can't remember it was South America or Central America, but they're...

Now a lot of those airlines down there don't allow you to take, uh, fishing rods and stuff on the plane. I mean, they have to be checked.

**Matt Supinski:** Yep.

**D. Roger Maves:** Whereas here, we can bring them on the plane, so that's something you need to research, like you say, to find out what's going on.

**Matt Supinski:** Absolutely.

**D. Roger Maves:** Um-

**Matt Supinski:** Research ...

**D. Roger Maves:** You talked about, you know, a lot of the recipes in your book are, are fish recipes.

There again, it seems like a lot of people make mistakes cooking fish. What tips can you give us as a chef on cooking fish in general?

**Matt Supinski:** Probably the basic tip to, uh, make sure it's the freshest fish you could find. Look at the scales, [00:57:00] look at the shininess of it, look at the texture of the meat. Put your finger into it, make sure it's firm.

And then overcooking fish. We tend to overcook fish a lot. In the Bible, uh, Jesus ate loaves and fishes. They didn't do any grilling or anything. They just ate them raw. So most fish you can eat raw. Most, some you cannot, because of parasites and things. But we tend to overcook fish, and always try to keep it on the sort of medium side, and it which keeps the moisture in it, because once you start to overcook it, you dry it out, so.

And pan searing is always a great way to control the temperature. Grilling, make sure you have the proper heat, uh, going because you, if too much could just dry it out right away. And poaching is a great way to do things like salmon. Moisture is the key to fish, maintaining the moisture. The moment you start drying it out, fish is worthless.

**D. Roger Maves:** Yeah. Yeah. I think that's probably... Like you said earlier, the salmon seems to dry out [00:58:00] rather quickly. It doesn't take long to cook them, right? I mean-

**Matt Supinski:** No, very easy. Very quickly ...

**D. Roger Maves:** You're grilling salmon, it's like a couple minutes on each side and you're done, huh?

**Matt Supinski:** Eight, eight minutes. Seven, eight minutes. Yeah, a couple minutes on each side.

**D. Roger Maves:** Yeah, total.

**Matt Supinski:** You're broiling or baking it. A filet of salmon, a nice Atlantic salmon filet or whatever, seven minutes, eight minutes max. And you want that nice red flakiness, that moisture. Little bit char on the outside, but that flakiness, that melt in your mouth. That's what you have to have with fish, and if not, it's just gonna be dry and cardboard.

**D. Roger Maves:** Yeah. Yeah. Yeah. If you could revisit one destination from your book tomorrow for both the fishing and the food, where would you go and why?

**Matt Supinski:** Probably Iceland. You just can't get enough Iceland.

**D. Roger Maves:** Iceland again?

**Matt Supinski:** Yeah, Iceland, it just grows on you. I mean, it's just the people, the chill attitude, the diversity. I love seafood. I could live on seafood. I could eat seafood for the rest of my life, and you could [00:59:00] just feast over there on that. But plus there's two fish that I wrote a book about, brown trout and Atlantic salmon, and it's just... Everything just comes together there, and you never feel like you're hurried. You never feel like you're trying to get railroaded by people.

That's the beauty of Iceland, so I highly recommend it to people. And, and the vistas and the beauty of the country sells itself. You really can't get enough of it, in my opinion.

**D. Roger Maves:** Would that... This is a kind of a combination question with what I just asked, but is there a destination in the book that offers the best balance of ac- accessibility, uh, great fishing, and incredible food? Would it be Iceland as well?

**Matt Supinski:** Yeah, I think, 'cause there's... You could do a lot of rivers in Iceland that aren't famous rivers. A lot of the rivers in the world that, you know, you have to pay a fortune for, and Iceland can be very expensive, but then you can go for brown trout and it not be expensive. But then again, without the foreign destinations, what's the best [01:00:00] value for your buck? Could be Colorado, could be Alaska, could be the Catskills, could be Montana, could be, you know, a lot of those places. And, you know, we tend to focus on the exotic destinations, New Zealand and things like that, which are amazing in itself, but they're gonna be pricey. And a lot of times the paradise, the grass is greener sometimes in your backyard, and sometimes focus on your backyard and you might find the most joy.

**D. Roger Maves:** Yeah. Yeah. Yeah, yeah. I, I hear you there. It's, um... I remember when I... I've only been to Australia once, and it was for work, but I'm flying out of Denver, going over Utah, Arizona, and, and that, and I'm going, "What am I doing going to Australia for?" I said, you know, within a day's drive of where I live are some of the most beautiful places in the world, you know? And, uh-

**Matt Supinski:** Exactly ...

**D. Roger Maves:** Like [01:01:00] in, for within a day's drive of where you live is some of the best fishing in the world. We don't appreciate what's in our own backyard sometimes.

**Matt Supinski:** Absolutely.

**D. Roger Maves:** And, and we, we leave and come back. Yeah, yeah. I mean, we got-

**Matt Supinski:** For sure ...

**D. Roger Maves:** we've got a huge country, you know, with a lot of variance. And like you did a chapter in Louisiana too, right? Um-

**Matt Supinski:** Yeah, Louisiana.

**D. Roger Maves:** Yeah.

**Matt Supinski:** Florida Keys. I mean, let's say rah, rah, North America. I did Quebec and, you know, the Great Lakes and so, yeah, there's just so much there. So I think what our book teaches us, okay, several things. Okay? And let's, let's put this into perspective.

Our book says that if you go to these wonderful destinations like Italy and France and Austria and Sound of Music and England and stuff, you can fish there. And the fishing is world-class, and it could be the foundation of fishing like England is, and, you know, things of that nature. So, so take a fly rod with you on all these trips that you... and you could find this no matter where [01:02:00] you go.

But the most important thing is to realize that we have fishing and food go together, and in such a beautiful way because they're passions. And people that fish do it because of the passion for fishing, passion for fly fishing, and it's that primal need by every person to gather something, to catch something.

In the book, if you read my introduction, the power of comfort food and fly fishing and fishing, it's perfect because if you recall the time when you caught your first fish as a boy, and you grabbed hold of that trout and you hung onto it, and you squeezed it, and you wanted to kiss it and embrace it, and, "Dad, Dad, Mom, Mom, come on, I got a fish."

**D. Roger Maves:** Right.

**Matt Supinski:** And even an adult does that, and they wanna embrace it. They wanna... There's this primal Neanderthal savageness in us that we just caught something, and it's ours and it's mine. And I gathered food and I [01:03:00] gathered, I caught a fish on a fly pattern, and I gathered, I made this dish of food and I added this spice and this herb to it, and it just kicked it up.

It's about the primal needs of scent, smell, possession, comfort, security. This is all what this book is about. It's not just about lodges and where'd you eat and how come you ate it. That's what our book is about. The whole of food

**D. Roger Maves:** Yeah, and you've got... I counted them up. You've covered 20 destinations in that book.

**Matt Supinski:** Yeah.

**D. Roger Maves:** So, um, that's quite the accomplishment of hitting all those places and combining the food and the fishing. And yeah, I think we all agree that's... The way you described it is probably, uh, that in a nutshell and very well described.

**Matt Supinski:** Yeah.

**D. Roger Maves:** Well, I think that's a good place to kinda cut things off here and call it a day.

But let's stick with me for just a little bit longer, Matt. I'm going to, um, give away a few of these prizes, [01:04:00] including your book.

**Matt Supinski:** What?

**D. Roger Maves:** Courtesy of Rizzoli. Yeah, Rizzoli. So we're gonna do that. So hang tight here for just another minute and we'll do that, and we'll call it an evening and, uh, I can go have my scotch.

**Matt Supinski:** That was me too. I'm gonna have a big one.

**D. Roger Maves:** Okay.

The Bonefish and Tarpon Trust works very hard to safeguard the future of our beloved flats fisheries from protecting spawning sites threatened by unsustainable fishing pressure to securing historic funding to restore Florida's Everglades and estuaries.

Thanks to their members, they've expanded their conservation to The Bahamas, Belize, and Mexico. There's still much more work to be done, and they need your help. With your support, they can ensure that the flats fishery is healthy and sustainable now and for generations to come. Visit [btt.org](http://btt.org) and become a member of the Bonefish and Tarpon Trust today. Again, that's [btt.org](http://btt.org).

Just a reminder to everyone, before you leave the website tonight, please take a minute and give us your feedback about the show. You can find the link on our homepage in the section [01:05:00] under tonight's show. It says, "What did you think of this show?" Just click on that link and leave your comments. We'd really appreciate it.

But now it's time to give away a few prizes. The winners for our drawings are randomly selected from the show's registration database. If you didn't register for the tonight show, it's too late, but make sure you do so for our next show. You don't want to miss your chance at the great prizes we have to offer.

If you are one of the lucky winners, we'll contact you after the show to collect your information so that we can deliver your prize to you. So the first thing we're giving away is a one-year membership

to Fly Fishers International. And to learn more about FFI, go to [flyfishersinternational.org](http://flyfishersinternational.org).

And our winner there is, let's see here, at the drawing, Mary Jo Kirk in Arizona. Mary Jo Kirk. So congratulations, Mary Jo. I'm sure you'll enjoy your membership to Fly Fishers International.

And the second thing we're giving away is a one-year membership to Trout Unlimited. To learn more about Trout Unlimited, go to [01:06:00] [tu.org](http://tu.org), and another great organization to support. And our winner there is Ed Hovsepian, uh, Hovsepian I guess, uh, in Massachusetts. Sorry, Ed, I destroyed your last name, but that's a tough one for me. But anyway, congratulations, and, uh, we'll reach out to both you folks about how you get your prizes.

And then our grand prize tonight is for a copy of "A Fishable Feast: Fly Fishing and Eating Your Way Around the World" by Kirk Deeter and Matthew Supinski. And yeah, the, uh, forward by Tom Rosenbauer. So, uh, a lot of great people put this book together.

And so the way you do this is you fill out the form on our homepage of our website there, put in your answer along with your name and location. First person that gets it correct will win Matt's, Matt and Kirk's book here.

So the question is, I'm gonna make this pretty easy. What [01:07:00] is the... What did Matt say he thought the most underrated fishery that was covered in the book? Which, what's the underrated fishery that was covered in the book? So let's see if we can get somebody that gives us the right answer. There's a slight delay here, Matt, until they hear the question, and then of course, they have to type fast.

So let's see what we can get here. Give them a second and see if we can get ourselves a winner here.

Nobody knows?

Uh, still, oh. Oh, okay. I think we got our winner. Um, the answer is, I'll check with you, Matt, was the Great Lakes.

**Matt Supinski:** The Great Lakes. Yes, it is. Correct.

**D. Roger Maves:** It is. And so Mary Jo Kirk won twice tonight. She won in the drawing, oddly enough, and then now has, uh, answered the question [01:08:00] correctly. So, hey, Mary Jo, go buy a lottery ticket.

It's your night, it's your night. So, um, great. Well, congratulations, Mary Jo. Glad you're paying attention, and be sure to get out of Arizona and go up to the Great Lakes and enjoy some of the fine fishing up there.

Mary Jo, if you will send us your, uh... You can use the same box that you just used. Put in your address, your shipping address, and along with your phone number. I do have your email address here, so I don't need that. And then we'll get your information over to Rizzoli, and they'll ship you out a book directly from the publisher, "Fishable Feast." And for those of you that didn't win the

book tonight, there's right there on the right side of our homepage there, I've listed Matt's book, "A Fishable Feast" there, along with all his other books there, too. So if you're interested in exploring the other things that Matt has written, uh, check those books out, too. We've got direct links to those. And then again, if you want to learn more about the other shows we did with Matt about on brown trout and salmon and so [01:09:00] forth, just go to the top line menu, search the archive, put in Matt Supinski, and you'll find all the shows that we did in the past with him, so.

Well, Matt, thanks. I really appreciate you being on the show with us again. It's a pleasure to talk with you, and, and thanks for sharing your knowledge and your culinary expertise. And, uh, I can't wait to try out a lot of these recipes in your book. It'll be lots of fun. So, um, thank you so much for being with us tonight.

**Matt Supinski:** Yes, thank you, Roger. Uh, it's always a pleasure with you. And yes, I hope you, uh, try the recipes. And please, everyone, if you could write reviews, we really appreciate the reviews, like on Amazon and stuff like that or wherever. That helps us to market the book better. And cook and have fun, and enjoy the passion and joy of life. And angling and cooking and exploring and foraging in the woods, it's all one giant beautiful experience.

**D. Roger Maves:** It is. That's called living, right? Called living, living in action, yeah.

**Matt Supinski:** *Joie de vivre*, the [01:10:00] joy of life.

**D. Roger Maves:** Yeah.

**Matt Supinski:** Amen.

**D. Roger Maves:** All right. Great. Well, thanks again. Our next broadcast will be on May 20th, 7:00 PM Mountain, 9:00 PM Eastern Time, and on that show I'll interview Jake Villwock. And, um, our show will be Topwater to Bottom: Cracking the Code On Smallmouth Bass.

Smallmouth bass aren't just aggressive, they're strategic. Jake breaks down how to consistently catch more fish by targeting all through three feeding zones, topwater, mid-column and bottom. He reveals how modern fly design from foam bugs to articulated bait fish and lifelike crayfish has transformed the game.

Whether you're chasing explosive surface eats or dialing in subsurface tactics, you'll learn how to fish smarter, adapt faster, and unlock the full potential of smallmouth on the fly.

Be sure to add this show, this upcoming show to your calendar on our homepage. Click on that calendar link right below, Jake's picture, and you can add it to your calendar, and then you won't miss out on the show.

Like to thank Fly Fishers International, Trout Unlimited, Bonefish & Tarpon Trust, [01:11:00] Olympic Peninsula Skagit Tactics, and The Ugly Bug Fly Shop, and as well as Water Master for sponsoring our show tonight.

Don't forget to visit our website at [askaboutflyfishing.com](http://askaboutflyfishing.com), and make sure you're signed up to receive our announcements so you don't miss out on any of our future live broadcasts.

Thanks for listening to Ask About Fly Fishing Internet Radio. We hope you enjoyed the show. That's it. Good night, everyone, and good fishing.