

Dear Walking Fish Members,

This week we will be bringing flounder and oysters! The oyster season will end in North Carolina at sunset on Saturday, March 31<sup>st</sup> so this will be the last opportunity to enjoy fresh, wild caught oysters until next fall.

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WEEK 6: March 29<sup>th</sup> Delivery

Where: Sarah P Duke Gardens (main entrance off Anderson Street)

When: Thursday, 4 – 6 pm

Share description:

***Southern Flounder***

The flounder were trawl caught by Kenny Pittman in the Atlantic Ocean and unloaded on the docks in Merrimon, NC.

***Oysters (wild caught)***

The oysters were harvested by Jimmy Morris of Harkers Island.

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**Oysters on the Half Shell**

Bacon (cooked halfway)  
Worcestershire Sauce

Scrub the oysters well. Shuck the oysters and remove the top shell. Loosen the oyster from the bottom shell. Place the oyster in the shell on a baking dish. Put a dash of the Worcestershire sauce on the oyster and a small piece of the bacon. Cook under the broiler for 3 to 4 minutes or until bacon is done.

Sometimes I add a little parmesan cheese on top the bacon. This recipe is excellent using oysters or clams!

**Baked Flounder, (fillets or whole fish)**

3 - 4 TBSP butter  
1TBSP fresh lemon juice  
1 TBSP parsley  
½ tsp. salt  
2 scallions, chopped

**\*\*This basic recipe can be altered according to one's own taste. Dill weed (my favorite), tarragon, garlic salt or thyme are just a few of the seasonings that can be added to the sauce.**

***\*If using whole fish remember to score the meat two to three times diagonally on each side for more even cooking.***

Heat oven to 350 degrees. Melt butter in saucepan. Add lemon juice, parsley, scallions and salt. Pour about half of this mixture in the bottom of a baking dish. Place fish in dish and pour remaining sauce on top. Cook fillets for approximately 15 minutes and whole fish for 30 – 45 minutes. The fish is cooked when it flakes easily with a fork.

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*We hope you enjoy this week's catch!*

*~The Walking Fish Crew*