

Hi Everyone,

Sorry for the delay with this week's email. We have been waiting to see what fish were caught by fisher member, Vince Emory.

We are excited about this week's delivery! This week we will be bringing live soft shell crabs, gray trout and blue fish! The crabs were caught by Mark Hooper using Jimmy pots. In the spring, as crabs are molting, crab fishermen, like Mark catch "shedders" (aka crabs that are about to shed their shell) using male crabs instead of bait. Crab traps like this are called "Jimmy" pots because male crabs are often called Jimmy Crabs or Jimmies. Most of Mark's crabs are sent to fancy restaurants in New York City, but this week this spring-time treat is heading to Durham instead!

*Note: Soft shell crabs need to be kept cool, but not too cool. They should be fine in an insulated bag or a cooler without ice for a short period of time. We do not recommend putting them directly on ice, since this may kill them. An ice pack works, or ice with a barrier (such as newspaper) between it and the crabs also works.

WEEK 7: April 12th Delivery

WHERE: Sarah P. Duke Gardens (off of Anderson Street)

WHEN: Thursday, 4:00 – 6:00 pm

Share Description:

Soft Shell Crabs - The Soft Shell Crabs were caught by Mark Hooper in Jarrett's Bay using Jimmy Pots (full share – 4 crabs, half share – 2 crabs)

Gray Trout and Blue Fish – The fish were caught using a gillnet by Vince Emory, a fisher member in Cedar Island.

The following recipe can also be found in our Walking Fish website cookbook!

Simple Fried Soft Shell Crabs

- 6 medium soft shell crabs
- ¼ cup milk
- ¾ cup flour
- 2 eggs, beaten
- 2 tsp. salt
- ¾ cup dry bread crumbs

Clean the soft shells. Rinse in cold water; drain. Combine eggs, milk and salt. Combine flour and crumbs. Dip crabs in egg mixture and roll in flour/crumb mixture. For heavier breading, let crabs sit

several minutes and repeat dipping-rolling procedure. Additional spices, such as cayenne pepper and garlic, may also be added.

Place crabs in a heavy frying pan which contains 1/8 to 1/4 inch of fat, hot but not smoking. Fry at moderate heat. When crabs are brown on one side, turn carefully and brown on other side. Cooking time is approximately 8 to 10 minutes. Drain on absorbent paper. Serves 6.

If you prefer, you can fry the crabs in a basket in deep fat at 375 degrees for 3 to 4 minutes or until brown. Drain on absorbent paper.

~Your Walking Fish Crew