

Dear Walking Fish Members,

We have had really nice weather on the coast this past week (except for Sunday's rain and wind!). Captain Gilbert was able to get out and catch some wonderful triggerfish for us to deliver this week. Triggerfish is a favorite on the coast. It lends itself to a variety of cooking methods. Its firm flesh makes it easy to grill without falling apart. Grilled, baked, broiled, fried...it is delicious cooked in a variety of ways!

WEEK 2: April 24th Delivery

WHERE:

3 – 4 pm - Holy Trinity Lutheran Church Parking Lot (intersection of Clark and Brooks Avenue)
5 – 6 pm – Duke Raleigh Hospital Parking Lot (P1 South Parking Garage, next to the lower level entrance)

WHO: Every week and GREEN Group

SHARE DESCRIPTION:

Triggerfish – caught in the Atlantic Ocean using the hook and line method. The fishermen were Captain Gilbert Mathis and his crew.

Grilled Triggerfish

Prepare a marinade for the fish:

- 1/4 cup dry white wine
- 1/4 cup light soy sauce
- 1/2 clove minced garlic
- 1 tablespoon brown sugar
- 1 TBSP olive oil
- 1/8 cup water
- Dash black pepper
- 1/4 teaspoon Tabasco

Marinate the fish for approximately 30 minutes. Prepare a grill at medium heat. Place the fillets on the grill. Cook covered for about 4 minutes. Turn fish over and cook an additional 2 minutes. Check for doneness. Fish is cooked when opaque and flakes easily with a fork.

See you on Tuesday!
~The Walking Fish Crew

