

Dear Walking Fish Members,

We have had really nice weather on the coast this past week (except for Sunday's rain and wind!).

Even though it has been windy, Vince Emory and Michael Daniels have been able to get out and catch some nice gray trout for everyone. This week we will also be bringing live soft shell crabs!

Be sure to use the member's forum if you need to swap or trade shares. This space can also be used if you are unable to pick up a share on a given week.

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**WEEK 2:** April 26th Delivery

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

**WHEN:** Thursday, 4:00 – 6:00 pm

**Share Description:**

**Gray Trout** – Vince Emory, fisher member and Michael Daniels caught the trout using a small mesh gill net in Pamlico Sound.

**Soft Shell Crabs** – Rodney Salter of Davis, NC is our newest fisher member. He will provide the soft shell crabs this week.

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*Fried Gray Trout*

Rinse and pat dry the fillets. Place in a bowl of buttermilk. Mix together equal parts of all purpose flour and yellow corn meal (approximately ¾ cups of each). Add 1 tsp. salt and ½ tsp. pepper to the mixture. Dredge the fish in the cornmeal mixture to coat well. *\*You can add more flavor by lightly sprinkling old bay on the fillets before dredging them in the corn meal mixture.*

Heat a cast iron skillet with vegetable oil over medium heat. Cook the fish for a few minutes on each side until browned.

Serve with tartar sauce, cole slaw and hushpuppies!

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We will have a soft shell crab recipe tomorrow!

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~The Walking Fish Crew

