

Dear Walking Fish Members,

This week everyone will be receiving *Southern Flounder*! The flounder were caught by a number of down east fishermen. Two of the Walking Fish Cooperative's fishermen helped with this week's catch. Lin Chestnut giggered his flounder in Core Sound and Aron Styron caught his flounder using gill nets in Pamlico Sound.

WEEK 5: May 12th, Delivery

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

WHEN: Thursday, 4 – 6 pm

WHO: Every and Blue Group

SHARE DESCRIPTION:
Southern Flounder

I am sure most everyone has heard of coconut shrimp, but have you ever tried coconut flounder?

- 1 lb of flounder fillets, cut into approximately 1 ½" by 3" strips
- ½ cup of all-purpose flour
- ½ cup corn starch
- 1 tsp salt
- ½ tsp pepper
- 1 cup of very cold water
- 1 – 1 ½ cups of coconut
- Cooking oil

Rinse and dry the flounder strips well on paper towels. Mix flour, corn starch, salt and pepper. Add the cold water to the mixture and stir well. Put the coconut in a plate and heat the cooking oil in a skillet on medium heat. Dip the flounder strips in the wet mixture; shake off excess, then put the flounder in the bowl of coconut. Press the coconut on the fish to cover it well. Fry the flounder until golden brown. Serve with orange marmalade dipping sauce.

~The Walking Fish Crew