

Dear Walking Fish Members,

This week we will be bringing everyone fresh flounder gigged by fisher member, Lin Chestnut. We are very excited that Lin will be taking part in a television episode that will air on UNC-TV called Flavor, NC. This show is a series that focuses on eating local in North Carolina. The filming crew will be down next week to go out with him so he can demonstrate flounder gigging. We will keep you posted on the date it will air!

Week 5: Tuesday, May 15th 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 BLUE group

Share Description:

Southern Flounder gigged by Lin Chestnut in Core Sound

Flounder en Papillote

(Recipe courtesy of Andy Hopper)

- 1 flounder fillet, boned and portioned into 6oz
- 1/4 ounce mushrooms, (Cremini or Oyster are appropriate)
- 2 cloves of fresh garlic roughly chopped
- ½ vine ripe or heirloom tomato cut into small wedges
- 3-4 pitted black olives cut in half
- 2 slices of lemon cut into rounds
- Chopped parsley
- Tablespoon extra virgin olive oil
- Sea salt and pepper to taste
- Parchment paper or aluminum foil; enough to wrap fish loosely.

In a large bowl combine all ingredients except fish coating them in the olive oil, salt and pepper. Layer half of the ingredients on parchment paper or foil, place fish on top, top with remainder of aromatics and wrap with paper folding at the ends to create a half moon shape.

Place in 400 degree oven for approximately 8-10 minutes, open pouch by cutting and beware of steam that will release, check fish for doneness and serve over rice or preferred starch!

~The Walking Fish Crew