

Dear Walking Fish Members,

The weather here in Carteret County is sunny and beautiful this morning. We are expecting heavy rain tomorrow as the remnants of Tropical Depression Beryl makes its way up the coast.

WEEK 7: May 29nd 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:

Mahi and Pink Snapper – The fish were caught in the Atlantic Ocean using hook and line by Captain Gilbert Mathis and crew aboard the ‘Atlantic Runner’.

Mahi can be cooked in a variety of ways – baked, grilled or fried. It is a firm, mild fish. The pink snapper is more delicate and better sautéed.

Sauteed Pink Snapper

1 TBSP olive oil

1 TBSP butter

Flour

Salt and pepper

Salt and pepper the snapper fillets. Dredge in flour to lightly coat. Melt the butter and olive oil in a pan over medium to medium high heat. Cook the snapper skin side down for approximately 3 minutes. Flip the fish and continue to cook the other side for 3 minutes or until the fish flakes easily with a fork. *Optional - sprinkle with lemon juice

~The Walking Fish Crew