

Dear Walking Fish Members,

We are experiencing beautiful weather on the coast today, sunny and warm! This week we will be bringing a variety of fish caught by the fishermen of Carteret County.

If anyone has a recipe for fish to share, please either email it to us or post it on our [Facebook](#) page. We are always looking for new recipes and cooking tips. *Thanks to the members that are posting their recipes on Facebook!*

WEEK 3: May 3rd, 2012 Delivery

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

WHEN: Thursday, 4 – 6 pm

WHO: Every week and BLUE Group

SHARE DESCRIPTION:

BI-WEEKLY MEMBERS (BLUE GROUP)

 Littleneck Clams harvested by Paul Russell in Newport River
 Live Soft shell Crabs from Rodney Salter in Davis, NC

****Note:** Soft shell crabs need to be kept cool, but not too cool. They should be fine in an insulated bag or a cooler without ice for a short period of time. We do not recommend putting them directly on ice, since this may kill them. An ice pack works, or ice with a barrier (such as newspaper) between it and the crabs/clams also works. We will be sending you details on how to clean the soft shell crabs later today. Also, we have a recipe on the Walking Fish [Facebook](#) page - Fried soft shell crab with a strawberry salsa!

EVERY WEEK MEMBERS

 Littleneck Clams harvested by Paul Russell in Newport River

We will have a limited quantity of the following fish:

 Flounder gigged by fisher member, Lin Chestnut in Core Sound
 Spanish Mackerel caught by Vince Emory and Michael Daniels
 Cobia caught in the ocean between Beaufort Inlet and Cape Lookout

Clams Creole

(We usually make this with shrimp, but the clams were delicious in the Creole sauce)

- 1/2 cup chopped onions
- 1/2 cup chopped celery
- 1 ½ TBSP butter
- 1 ½ TBSP olive oil

1 16-ounce can diced tomatoes with green chilies
1 8-ounce can tomato sauce
1 ½ teaspoon salt
1 teaspoon sugar
1 tablespoon Worcestershire sauce
1 teaspoon chili powder
18 littleneck clams

Sauté onions and celery in butter and olive oil until tender, about 5 – 7 minutes. Add diced tomatoes, tomato sauce, salt, sugar, Worcestershire sauce, and chili powder. Simmer 45 minutes, uncovered. Add ½ cup of water. Add clams that have been scrubbed and rinsed well. Cover and simmer until clams open. Serve over rice or linguine.

** Please remember to bring a cooler, insulated bag or other means for transporting your seafood. Remember to refrigerate your seafood as soon as possible to ensure safety and freshness.

~The Walking Fish Crew