

Dear Walking Fish Members,

We want to welcome the GREEN group to the spring 2011 season of Walking Fish, a community supported fishery (CSF). For those of you who received your first delivery last week, we hope you enjoyed the flounder.

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WEEK 2: May 5th, 2011 Delivery

WHERE: Duke Raleigh Hospital  
P1 South Parking Garage, next to the lower level entrance

WHEN: Thursday, 4 – 6 pm

WHO: Every week and GREEN Group

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**SHARE DESCRIPTION:**

**FULL SHARE MEMBERS**

    Littleneck Clams harvested by Billy Russell, Paul’s brother in Newport River  
    Live Softshell Crabs from Rodney Salter in Davis, NC

**HALF SHARE MEMBERS**

    Southern flounder gilled by Lin Chestnut in Core Sound  
    Live Softshell 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 softshell crabs later today.

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The following recipe can also be found in our Walking Fish website cookbook!

***Simple Fried Soft Shell Crabs***  
*from Walking Fish organizer, Nicholas Mallos*

- 6 medium soft shell crabs
- ¼ cup milk
- ¾ cup flour
- 2 eggs, beaten
- 2 tsp. salt
- ¾ cup dry bread crumbs

Clean the soft shells. Rinse in cold water; drain. Combine eggs, milk and salt. Combine flour and crumbs. Dip crabs in egg mixture and roll in flour/crumb mixture. For heavier breading, let crabs sit several minutes and repeat dipping-rolling procedure. Additional spices, such as cayenne pepper and garlic, may also be added.

Place crabs in a heavy frying pan which contains 1/8 to 1/4 inch of fat, hot but not smoking. Fry at moderate heat. When crabs are brown on one side, turn carefully and brown on other side. Cooking time is approximately 8 to 10 minutes. Drain on absorbent paper. Serves 6.

If you prefer, you can fry the crabs in a basket in deep fat at 375 degrees for 3 to 4 minutes or until brown. Drain on absorbent paper.

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The member's forum on the Walking Fish website is a great place to look for new ways to cook seafood. There are lots of good ideas for cooking seafood and some great tasting recipes already posted. If you have a seafood recipe you would like to share with others, we encourage you to post it on the forum or on Facebook.

\*\* 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*