

Dear Walking Fish Members,

The spring CSF has gone by so quickly! This is the last delivery for the BLUE group. We will be sending out a short survey soon. We hope you will fill it out and let us know how we are doing.

This week we will be bringing everyone fresh flounder gigged by fisher member, Lin Chestnut. We are very excited that Lin has taken 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 came to Carteret County a few weeks ago to go out with him so he can demonstrate flounder gigging. We will keep you posted on the date it will air!

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WEEK 9: June 14<sup>th</sup>, 2012

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

WHEN: Thursday, 4 – 6 pm

SHARE DESCRIPTION:

Flounder gigged by Lin Chestnut in Core Sound

\*\*We will have a small amount of snapper in addition to the flounder. The snapper was caught by Captain Gilbert Mathis in the Atlantic Ocean

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\*The following recipe is the one on our the Walking Fish Facebook page using Mahi but it works just as well with flounder.

***Grilled Flounder Tostadas***

- Flounder (1 lb)
- 3 TBSP hot sauce
- 1 TBSP fresh lime juice
- ½ tsp salt
- ¼ cup cilantro
- 2 large flour tortillas
- Cooking oil
- Shredded lettuce
- Guacamole
- Shredded cheese
- Refried beans

## Salsa

In a pie plate, mix together the hot sauce (I used Texas Pete), lime juice, salt and chopped cilantro. Marinate the fillets in the mixture for about 30 minutes. Heat the grill to medium high (I cook fish in a fish grill basket sprayed with cooking spray). Cook the fish for approximately 3 - 4 minutes per side.

In the meantime, add about ¼ inch of cooking oil in a frying pan and heat to medium. When the oil is hot, place a flour tortilla in the pan and cook for about a minute per side or until lightly browned. Remove from pan and drain on paper towel. Do this for the next tortilla.

Place a tortilla on a plate. Top with heated refried beans, shredded lettuce, flounder, shredded cheese, and guacamole. You can also add salsa and / or sour cream.

Serves 2.

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~The Walking Fish Crew