

Dear Walking Fish Members,

The time goes by so quickly! Tomorrow is the last delivery for the spring season. Thanks for your participation in Walking Fish CSF. We couldn't have done it without you!

Our next full season will begin in September, but we are planning to offer a mini-summer season in conjunction with the main run of shrimp. We will send everyone updates with sign up information when we have the details worked out.

Please keep sending us your delicious recipes and stay in touch by email and Facebook!

Hope you all have a wonderful summer!

WEEK 10: June 19th 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 GREEN group

Share Description:

- FLOUNDER**– Fisher member, Vince Emory caught the flounder using gillnets in Pamlico Sound
- SHRIMP** – Trawl caught in Pamlico Sound (James Davis Fish Company)

*This recipe was created by Amy Tornquist of Watt's Grocery in Durham. She was our guest chef at the NOAA Fish Fry a few weeks ago. *This recipe can be found online.*

- 1 tsp extra virgin olive oil*
- 6 oz thinly sliced pancetta, cut into ½ inch squares*
- 1 ¼ lbs medium asparagus*
- Salt and freshly ground pepper*
- 1 cup buttermilk*
- 2 large eggs*
- 2 cups yellow cornmeal*
- ¼ cups plus 2 TBSPS vegetable oil*
- 4 6 – 8 oz flounder fillets*

Preheat oven to 425 degrees. Spread the olive oil on a large rimmed baking sheet and heat the sheet in the oven, for 1 minute. Scatter the pancetta on the baking sheet and bake for 5 minutes or until sizzling.

Add the asparagus and roll them in the fat until coated. Season the asparagus with salt and pepper and bake for about 15 minutes until lightly browned and just tender.

Meanwhile, in a shallow bowl, beat the buttermilk with the eggs. In another shallow bowl , mix the cornmeal with 2 tsp. salt and ½ tsp. pepper.

In a large skillet, heat the vegetable oil until shimmering. Dip each flounder fillet in the buttermilk mixture, let the excess drip off then carefully coat the fillet in the cornmeal. Fry the flounder over moderate heat until golden brown and crisp, about 4 minutes per side. Transfer the fillets to paper towels to drain, then transfer to plates. Serve the flounder with the asparagus and pancetta.

~The Walking Fish Crew