

Dear Walking Fish Members,

This week we will be bringing everyone fresh, local flounder gigged in Core Sound. The fishermen are beginning to see other species, such as spots, hogfish and croakers show up. Next week we will have a special surprise for all of the Walking Fish members!

WEEK 6: June 2nd 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

Share Description:

Southern Flounder gigged by Lin Chestnut in Core Sound

Flounder en Papillote by Chef's 105 Restaurant

105 South 7th Street

Morehead City, NC

En Papillote simply means steamed in a pouch, flounder (at least in the east) typically ends up in a fryer or frying pan, which is fine however its mild delicate texture makes it perfect for steaming or roasting as well. Here is one preparation we prefer:

- 1 flounder fillet, pin boned and portioned into 6oz
- .25 oz mushrooms, cremini or oyster are appropriate
- 2 cloves of fresh garlic roughly chopped
- ½ vine ripe or heirloom tomato cut into small wedges
- 3-4 pitted black olives cut in half
- 2 slices of lemon cut into rounds
- Chopped parsley
- Tablespoon extra virgin olive oil
- Sea salt and pepper to taste

Enough parchment paper (available at local grocery store) or aluminum foil to wrap fish loosely. In a large bowl combine all ingredients except fish coating them in the olive oil, salt and pepper. Layer half of the ingredients on parchment paper or foil, place fish on top, top with remainder of aromatics and wrap with paper folding at the ends to create a half moon shape. Place in 400 degree oven for approximately 8-10 minutes, open pouch by cutting and beware of steam that will release, check fish for doneness and serve over rice or preferred starch!

~Your Walking Fish Crew