

Dear Walking Fish Members,

Walking Fish will be at the 37th Annual NOAA Fish Fry in Washington D.C. this evening. This year we will be one of 14 participants from around the country showcasing American fisheries and seafood. Amy Tornquist, of Watt's Grocery in Durham will be serving poached clams in a radish salad. We are excited that the clams she will be using were harvested by Paul Russell, a Walking Fish fisherman!

WEEK 8: June 7th, 2012

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

WHEN: Thursday, 4 – 6 pm

SHARE DESCRIPTION:

Oysters harvested by Jay Styron (full share – 24 oysters, half share – 12 oysters)

Shrimp caught in Pamlico Sound (Kenny Pittman, Merrimon NC)

*Jay Styron, a fisher member, owns a small, family owned oyster farm in Cedar Island, NC (about 30 miles NE of Beaufort. The oysters are grown in suspended cages rather than on the bottom so they are far cleaner than other oyster.

Don't forget to check out our website for more delicious recipes. If you have a favorite way of preparing shrimp or oysters, please consider posting your recipe on Facebook!

Shrimp Fried Rice

- 1 lb peeled and deveined shrimp
- 1 green bell pepper, diced
- 1 onion, diced
- 1 cup broccoli florets
- 1 cup white rice
- 3 cups water
- Salt
- Bacon, 5 slices
- 2 eggs
- Soy Sauce

Cook the bacon in a frying pan, crumble and set aside. Cook the broccoli florets in boiling water for about 5 minutes, drain and set aside. Cook the rice uncovered for approximately 20 minutes (add desired amount of salt to the rice). Meanwhile, sauté the bell pepper and onion until the vegetables begin to soften. Add the shrimp and broccoli to the vegetables and cook until the shrimp are pink. Scramble the eggs and add to the shrimp and vegetables.

To serve, put rice on a plate and top with the shrimp mixture and crumbled bacon. Sprinkle with soy sauce, to your taste.

**My 5-year old granddaughter loves eating this meal using chopsticks.*

~The Walking Fish Crew