

October 28, 2009

Dear Walking Fish CSF Members,

This week we sat down with Amy Tornquist, owner and chef at Watt's Grocery. We talked about Walking Fish, of course, but our conversation took us in all sorts of directions – from smoked bacon and cured sopressata, to local honey and community-supported pie.

Did you know there was such a thing? We hadn't heard of a CSP, and we certainly didn't know there was one in Durham. The conversation made us wonder, what else is out there?

To answer that question, we look to you, our local food experts. Where do you source your local food? What else is out there? What else would you like? Send us an email (info@walkin-fish.org) or post a comment on the Members' Forum (<http://www.walking-fish.org/members.php>).

WEEK 7: October 29 Delivery

Where: [Sarah P Duke Gardens](#) (main entrance off Anderson Street)

When: Thursday, 4 – 6 pm (http://www.walking-fish.org/pickup_schedule.php)

Share description: [Half Share](#) members will receive Grey Triggerfish or Grey Triggerfish and flounder; [Full share](#) members will receive Grey Triggerfish and four to six live blue crabs.

A note about this week's fishermen: Eason Wooten caught this week's triggerfish using hook and line. He caught our fish off the coast of Beaufort, 40-70 miles out into the Atlantic Ocean. Mark Hooper lives and fishes in Down East, North Carolina. He caught this week's blue crabs using the fish carcasses from last week's black drum.

Recipes:

[Triggerfish](#)

This recipe was prepared for Walking Fish members by Chef Amy Tornquist and the crew at Watts Grocery.

Pan-Seared Triggerfish over Asparagus and Butternut Hash
Watts Grocery

Be sure to have needle nose pliers or tweezers to get out the little pin bones. They are plentiful in the trigger fish. We end up almost always cutting our fillet into 2 smallish pieces and cutting out the vein of bones in the middle, but do whatever seems best to you.

Season both sides of your fish with salt and pepper. Heat a sauté pan with mostly oil (we use a blended olive oil) and a tsp whole butter. Brown your fish on one side, then the other. We then put the fish in the oven at 375 for a few minutes (depends on the thickness of the fish how quickly it will cook).

- 1 c. butternut squash, peeled, seeded, and cut into ¼ in. squares
- 2 shallots, minced
- 1 bundle asparagus, de-stemmed and cut on a bias into ½ in. pieces
- Salt, pepper, and fresh thyme to taste
- ½ # shitake mushrooms, stemmed, cleaned, and sliced
- ½ c. fresh cheese (queso fresco or farmer's cheese) in crumbles

Just coat the bottom of a large saucepan with olive oil (not extra virgin). When the oil is really hot, add the shallots and sweat for 1-2 minutes without allowing it to brown too much. Add the squash, salt and pepper and thyme. Toss the squash on medium-high heat until they begin to soften. Then add the asparagus and sliced shitake mushrooms. Sauté for about 3 minutes or until tender but with a slight crunch. Check salt and pepper. Put the seared fish on top of the hash and finish with the fresh cheese.

Sourcing:

Both Durham and Carrboro farmer's markets have the following items right now:

- Butternut squash
- Shitake or oyster mushrooms
- Farmer's cheese

Blue crab

If you've never prepared blue crabs, here's what Mark Hooper suggests:

- 1) Add water to large pot and place on stove at high heat;
WHILE waiting for water to come to a boil, prepare the crabs as follows:
 - 2) Carefully remove live crabs from mesh bag (4-6 individuals ~ 1 lb of meat));
 - 3) Twist off claws;
 - 4) Remove entire upper shell;
 - 5) Use knife to cut out mouth;
 - 6) Split remaining section in half;
 - 7) Remove gills (also known as "Dead man's fingers") and 'guts;'
 - 8) Rinse
 - 9) Add to boiling water
 - 10) Bring back to boil and cook for two-four minutes, or until meat is white and flaky.
-

As usual, we want to remind everyone to please bring an insulated bag and/or a cooler for your fish. We will have a few spare plastic bags, but we're trying to use as little plastic possible. Thank you to all those how have been bringing extra!

We look forward to seeing you on Thursday!

~ **your Walking Fish Crew**

Check out our new Facebook site: <http://www.facebook.com/walkingfishcsf>