

October 28th Delivery

Dear Walking Fish CSF Members,

We hope you are continuing to enjoy being a part of the Walking Fish community-supported fishery!

The member's forum on the Walking Fish website is a great place to look for new ways to cook seafood. There are lots of good ideas for cooking seafood and some great tasting recipes already posted. If you have a seafood recipe you would like to share with others, we encourage you to post it on the forum.

** Please remember to bring a cooler, insulated bag or other means for transporting your seafood. Remember to refrigerate your seafood as soon as possible to ensure safety and freshness.

WEEK 7: October 28th Delivery

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

When: Thursday, 4 – 6 pm

Bill and Paul will be in Paul's white refrigerated truck

Share description: Southern Flounder from the shallow waters of Pamlico Sound.

The flounder were caught using pound nets in Pamlico Sound by Wayne Peeter. Wayne is a fisherman from Ocracoke. Carlyle Gilgo, of Coastal Seafood, also contributed to this week's catch of fish.

Pound netting is a traditional fishery for flounder in Pamlico and Core Sounds. This method is very environmental friendly and species specific. Flounder caught in this manner are channeled into the pound and kept alive until dipped out for harvesting.

RECIPES:

*The following recipe is a simple way to prepare flounder, using either fillets or whole fish.
Debbie Callaway*

Flounder, fillets or whole fish
3 - 4 TBSP butter
1TBSP fresh lemon juice

1 TBSP parsley

½ tsp. salt

2 scallions, chopped

**This basic recipe can be altered according to one's own taste. Dill weed (my favorite), tarragon, garlic salt or thyme are just a few of the seasonings that can be added to the sauce.

*if using whole fish remember to score the meat two to three times diagonally on each side for more even cooking.

Heat oven to 350 degrees. Melt butter in saucepan. Add lemon juice, parsley, scallions and salt. Pour about half of this mixture in the bottom of a baking dish. Place fish in dish and pour remaining sauce on top. Cook fillets for approximately 15 minutes and whole fish for 30 – 45 minutes. The fish is cooked when it flakes easily with a fork.

We look forward to seeing you on Thursday!

~ **The Walking Fish Crew**