

## November 4th Delivery

Dear Walking Fish CSF Members,

This week prepare to enjoy the essence of our fall fishery – a jumping mullet run! These fish have provided sustenance that our coastal predecessors depended on and enjoyed. Check out the Walking Fish [Facebook](#) page to view photos of jumping mullet roe being prepared and the completed meal!

If anyone would like to try Jumping Mullet gizzards, please ask. We've saved a few, and if anyone is interested in trying this local delicacy, just ask for a bag!

\*\* 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.

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## WEEK 8: November 4th Delivery

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

**When:** Thursday, 4 – 6 pm

\*\*\* Paul's white refrigerated truck\*\*\*

### Share description:

Filleted Shares: Jumping Mullet with Roe

Headed and Guttled Shares: Jumping Mullet with Roe and Hard Crabs

The jumping mullet were caught by Lyn Chestnut. Lyn spends most of his time gigging flounder but at this time of the year, he enjoys the jumping mullet fishery. The scales are left on the fillets to allow for the fish to be baked or grilled. The roe is considered a delicacy by coastal residents.

Mark Hooper caught the hard crabs in pots he sets in Core Sound.

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## RECIPES:

*The following recipe is a simple way to prepare jumping mullet.*

*Debbie Callaway*

Jumping Mullet Fillets (with scales on)

BBQ Sauce

This is one fish that should not be undercooked. On our grill we cooked the jumping mullet for about 20 minutes over moderate heat with the lid closed. Lay the fillets on the preheated grill, skin side down. Smother fillets with the BBQ sauce several times. When the tails begin to curl, this is an indication that the fish is done.

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### *Jumping Mullet Roe*

Dredge the roe in flour seasoned with salt and pepper. Heat cooking oil in skillet over medium-low heat. Add the roe to the pan and cook slowly, turning often, until nicely browned.

\*\*The gizzards can be cooked the same way. I cut through one side of the gizzard to allow for more even cooking.

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We look forward to seeing you on Thursday!

**~ The Walking Fish Crew**