

November 11th Delivery

Dear Walking Fish CSF Members,

I would like to remind everyone that there will be no delivery on Thursday, November 25th. Members that are bi-weekly will not receive another delivery until December 2. Wow, it has gone by so fast!

** 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 9: November 11th Delivery

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

When: Thursday, 4 – 6 pm

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

Share description:

Filletted Shares: Large White Shrimp

Headed and Guttled Shares: Large White Shrimp

*The members that requested live hard crabs this week will be receiving crabs as part of their share.

Keep in mind if you are getting hard crabs that the crabs are kept cold. When they are on ice or refrigerated they behave very lethargic. When the crabs begin to warm up, they become much more active.

The white 'green tail' shrimp were caught by Kenny Pittman's trawlers in Pamlico Sound. These shrimp are one of three different shrimp species that are local to our area. The white shrimp season typically runs from August to November.

Mark Hooper caught the hard crabs in pots he sets in Core Sound. They were caught in the Jarretts Bay area.

RECIPES:

(Following is a recipe that I use for Shrimp and Grits. I cannot remember when or where I got the original recipe, but this is how I make it now that I have developed it to my own personal taste!

Debbie Callaway)

Shrimp and Grits

1 cup grits (not instant)
½ cup cream
1 cup chicken stock
2 cups water
¼ cup butter
1 cup of cheese (whatever you like)
Salt and Pepper

1 lb shrimp (peeled and deveined)
5 or 6 slices of bacon
1 small onion, diced
1 green pepper, diced
1 clove of garlic, minced
Lemon juice

Bring the cream, stock and water to a boil. Add the grits and cook until all liquid is absorbed and the grits are creamy. Add the butter, cheese and salt and pepper to taste. Keep warm.

Cook the bacon in a frying pan. Drain all but about 1 TBSP of bacon grease. Add the onion and pepper to frying pan. Cook until tender. Add the shrimp and continue cooking until the shrimp are pink.

To serve, put the cheesy grits in a bowl, top with the shrimp mixture and crumbled bacon.

This recipe can be altered to one's own taste. Try different veggies, such as red bell peppers or mushrooms. You can also use whatever cheese you like. Sometimes I use a 4-cheese mix or just cheddar cheese.

We look forward to seeing you on Thursday!

~ **The Walking Fish Crew**