

December 9th, 2010

Dear Walking Fish CSF Members,

This week is the last pick up for our Fall 2010 CSF season. We thank you for your support and we hope you've enjoyed the fresh fish. Please consider participating again this winter. We will send you an email with more information soon.

WEEK 12: December 10th Delivery

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

When: Thursday, 4 – 6 pm

Share description:

Flounder and Shrimp

A note about this week's catch: The shrimp and flounder were trawl caught by Kenny Pittman in the Atlantic Ocean.

The following recipes and more can be found on the Walking Fish website's Cookbook.

Low-Country Shrimp & Rice
(Walking Fish partner, Sandra Kellum)

This is a traditional South Carolina Low-country dish. For years, North Carolina shrimpers have taken their boats to South Carolina, particularly in the fall of the year to catch greentail (or white) shrimp. Through interaction between individuals and the two cultures, some traditions such as this recipe have spilled over. It is a simple one-dish meal, with ingredients that are readily available and stick to the ribs.

2 cups Uncle Ben's converted rice
2 lbs. shrimp, cleaned
½ or whole green bell pepper, chopped
3-4 eggs, beaten
Medium onion, chopped
Soy sauce to season
2-3 Tbsp. butter (Not margarine)
½ pound bacon
Salt & water for rice

Cook rice according to package instructions. While rice is cooking, fry bacon until crispy; drain on paper towels. Reserve a small amount of bacon grease in pan. Once pan has cooled a bit, pour beaten eggs

into pan and scramble. Set aside. Scrape any remaining egg from pan. Add butter to pan and once melted, sauté the peppers and onions on medium heat until almost soft. Add cleaned shrimp to pan and stir until the shrimp turn pink. This should only take a few minutes. Continue stirring shrimp in pan until they have lost their natural gray color, and appear uniformly pink or peach in color. Once the shrimp are done, combine all ingredients with the rice. Serve and season with soy sauce.

Flounder en Papillote

(Walking Fish partner Andy Hopper, co-Owner of Chef's 105 Restaurant)

En Papillote simply means steamed in a pouch, flounder (at least in the east) typically ends up in a fryer or frying pan, which is fine however its mild delicate texture makes it perfect for steaming or roasting as well. Here is one preparation we prefer:

1 flounder fillet, boned and portioned into 6oz
1/4 ounce mushrooms, (Cremini or Oyster are appropriate)
2 cloves of fresh garlic roughly chopped
½ vine ripe or heirloom tomato cut into small wedges
3-4 pitted black olives cut in half
2 slices of lemon cut into rounds
Chopped parsley
Tablespoon extra virgin olive oil
Sea salt and pepper to taste
Parchment paper or aluminum foil; enough to wrap fish loosely.

In a large bowl combine all ingredients except fish coating them in the olive oil, salt and pepper. Layer half of the ingredients on parchment paper or foil, place fish on top, top with remainder of aromatics and wrap with paper folding at the ends to create a half moon shape. Place in 400 degree oven for approximately 8-10 minutes, open pouch by cutting and beware of steam that will release, check fish for doneness and serve over rice or preferred starch!

~Your Walking Fish Crew