

SEPTEMBER 15, 2010

Dear Walking Fish Members,

Welcome to the fall 2010 Season of Walking Fish, a community supported fisheries (CSF)! We are experiencing gorgeous weather this week with blue skies, less humidity and light winds. The fishermen have been bringing in a wide variety of fish as well as an abundance of white shrimp (also called green tails).

We hope you will be encouraged to share your thoughts, ideas, and recipes on our member's forum. This is a great place to post messages and recipes. You can also use the forum to buy, swap or trade shares with others (<http://walking-fish.org/members.php>).

WEEK 1: September 16, 2010 Delivery

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

WHEN: Thursday, 4 – 6 pm

\*\*\*Look for Bill's silver pick-up truck with the white fish vats in the back\*\*\*

WHO: Every Week and BLUE Group

SHARE DESCRIPTION: This week's delivery will consist of small and large shrimp. We will also have a 'pot luck' variety of local fish. The changing of the season from summer to fall increases the variety of seafood caught in our waters. We will have flounder (gigged), speckled trout, and spots, just to name a few.

The flounder were gigged by Lin Chestnut. Shrimp are coming from Kenny Pittman's Seafood. Kathy and Gilbert Mathis have brought in a variety of fish species. Great time of year to appreciate fresh, local seafood!

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## Fall Spots

Spots are a local delicacy and a fall staple in the down east diet. The meat is wonderfully sweet, firm and flaky. At this time of year, they migrate from estuaries in enormous schools to the open ocean on their journey south. Fisheries developed to harvest this species and traditionally provided protein to the diets of coastal residents. The custom of eating spots in the fall continues in coastal communities.

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## Shrimp Salad

1 lb. small shrimp (peeled and deveined)

½ cup finely chopped celery

1 2 TBSP pickle relish

1 or 2 boiled eggs, chopped (optional)

¼ cup mayonnaise (start with this – you can add more if needed)

½ tsp. dill weed

Salt and pepper to taste

Bring a pot of water to a boil. Add shrimp and cook until pink (this does not take long, just a couple of minutes). Drain shrimp and place in fridge to cool. While shrimp are cooling, mix together mayonnaise, celery, egg, dill weed, salt and pepper. Add this mixture to the shrimp. Chill at least one hour before serving.

This can be served on a bed of lettuce for a light lunch. Or our favorite way is to simply top a cracker!  
YUM!!

\*This is a basic shrimp salad recipe that has been used by my family for many years. The only thing I added to it is the dill weed, which goes very well with seafood of any type. My Mom doesn't like celery so she adds finely chopped onions. Easy recipe to adjust to your taste!!

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### Easy Sautéed Fish Fillets

½ cup all-purpose flour

Old Bay Seasoning

Fish fillets

1 tablespoon butter

1 tablespoon olive oil

Lightly sprinkle Old Bay seasoning on both sides of fillets. Dredge fillets in flour. Melt butter along with the olive oil in a frying pan on medium to medium high heat. Shake excess flour from fillets and place in pan. Cook approximately 3-4 minutes per side or until lightly browned.

Serve immediately with homemade tartar sauce.

### Homemade Tartar Sauce

½ cup mayonnaise (I prefer Duke's mayo)

1 – 1 ½ tablespoon pickle relish

½ - 1 tsp. lemon juice

½ tsp. dill weed

¼ tsp. of cayenne pepper (optional – we like ours hot)

Mix all ingredients together. Chill in fridge at least one hour before serving.

This is another recipe that can easily be adjusted to one's own taste. Sometimes I add a little garlic powder or chopped parsley and leave out the cayenne.

\*This is a recipe that I have used for several years when cooking fish fillets and also when sautéing scallops and other seafood types. It is easy and the combination of butter and olive oil gives it a very nice flavor!

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We are looking forward to another great season! See you on Thursday!

~ Your Walking Fish Crew