

October 6, 2010

Dear Walking Fish Members,

The cooler temperatures have finally arrived along with an abundance of fall fish! The shellfish waters are slowly reopening after the profusion of rain we received last week.

We want to remind you to please bring an insulated bag and/or a cooler for your seafood. We will have a few spare plastic bags, but we're trying to produce as little waste as possible.

WEEK 4: October 7th Delivery

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

*****Look for Bill's silver truck*****

SHARE DESCRIPTIONS – Pompano and Spot

*****These fish will be headed and gutted and not filleted**

FISHERMEN – Bradley and Aron Styron from Cedar Island

Pompano is an exquisitely flavored fish. North Carolina is the apex of their range and they are harvested here along our coast in a very short period of time. Some years we see big fish, some years small. You are fortunate to be the recipient of the most desirable size for this species. These fish were caught in pound nets which is the most efficient, quality preserving fishery.

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. The custom of eating spots in the fall continues in down east communities. These spot were caught in gill nets.

Sautéed Pompano with a Lemon, Caper Sauce

Debbie Callaway

Whole, dressed pompano

Olive oil

Butter

Flour

Salt and Pepper

Score the fish to the bone lengthwise and widthwise twice. Rub a small amount of olive oil on the skin so some of the flour will adhere to it. Dredge the fish in the flour (season with salt and pepper).

Shake off excess. Melt 1-2 TBSP of butter and 1-2 TBSP olive oil in a non-stick pan on medium to medium high heat. Sauté the pompano for approximately 4 -5 minutes on each side. If additional cooking is needed due to the thickness of the fish, place in a 350 degree oven for 10 – 15 minutes or until the fish flakes easily with a fork.

Lemon, Caper Sauce

1 TBSP capers

3 TBSP butter

1 ½ tsp. lemon juice

1 tsp. chopped parsley

Salt and Pepper to taste

Mix all ingredients together and bring to a boil. Serve over the sautéed pompano!

See you on Thursday!

~The Walking Fish Crew