

October 7, 2009

Dear Walking Fish CSF Members,

Thank you to those who took the time to respond to last week's question: "Why are you a member of the CSF" (<http://www.walking-fish.org/members.php>). We've really enjoyed reading what you had to say.

WEEK 4: October 8th Delivery

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

When: Thursday, 4 – 6 pm

Share description: [Southern Flounder](#) from the shallow waters of Core Sound

This week's fishermen: Aron Styron

Fishermen in Carteret County are in the process of transitioning from summer to fall fisheries. This means that flounder fishermen in Pamlico and Core Sound are shifting from gill nets to pound nets.

Recipe: *Flounder en Papillote by Chef's 105 Restaurant*

105 South 7th Street
Morehead City, NC
<http://www.chefs105.com/>

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) 1 flounder fillet, pin boned and portioned into 6oz
- 2) .25 oz mushrooms, cremini or oyster are appropriate
- 3) 2 cloves of fresh garlic roughly chopped
- 4) ½ vine ripe or heirloom tomato cut into small wedges
- 5) 3-4 pitted black olives cut in half
- 6) 2 slices of lemon cut into rounds
- 7) Chopped parsley
- 8) Tablespoon extra virgin olive oil
- 9) Sea salt and pepper to taste

Enough parchment paper (available at local grocery store) or aluminum foil 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!

We look forward to seeing you on Thursday!

~ your Walking Fish Crew

Check out our Facebook site: <http://www.facebook.com/walkingfishcsf>
For more recipes: <http://www.walking-fish.org/recipe>