

October 13, 2010

Dear Walking Fish Members,

The coastal weather has been sunny and mild this week. The fishermen have been able to deliver a wonderful catch of fresh triggerfish. The shellfish waters have reopened so clams are also able to be harvested.

WEEK 5: October 14th Delivery

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

WHEN: Thursday, 4 – 6 pm

SHARE DESCRIPTIONS – Triggerfish and Clams

FISHERMEN – The triggerfish were caught in the Atlantic Ocean by Gilbert and Kathy Mathis. Eason Wooten also contributed to this week's catch of triggerfish. The clams were harvested from Core Sound by Paul Russell.

Triggerfish is a favorite on the coast. It lends itself to a variety of cooking methods. Its firm flesh makes it easy to grill without falling apart. Grilled, baked, broiled, fried...it is delicious cooked in a variety of ways!

****Note:** If you are receiving clams this week, remember that the clams are alive. They need to be kept cool, but not too cool. They should be fine in an insulated bag or a cooler without ice for a short period of time. We do not recommend putting them directly on ice, since this may kill them. An ice pack works, or ice with a barrier (such as newspaper) between it and the clams also works. A simple way to tell if your clams are good: If clams remain closed before cooking they are still alive, if they open before cooking, tap on the shell. If the shell still remains open then they have died. Discard any clams that open before they are cooked.

Just a few of my favorite recipes for clams and triggerfish

~Debbie

Steamed Clams

Scrub clams with a vegetable brush. Bring ¼ cup of water to a boil in a large pan. Add the clams and simmer until the clams open, about 5 minutes or so. When they open, they are finished cooking. Remove clams from pan. Use a fork to scrap the clam out of the shell and dip in melted butter. Flavor the butter the way you like it with dill, parsley, hot sauce, etc.

Grilled Triggerfish

Prepare a marinade for the fish:

- 1/4 cup dry white wine
- 1/4 cup light soy sauce
- 1/2 clove minced garlic
- 1 tablespoon brown sugar
- 1 TBSP olive oil
- 1/8 cup water
- Dash black pepper
- 1/4 teaspoon Tabasco

Marinate the fish for approximately 30 minutes. Prepare a grill at medium heat. Place the fillets on the grill. Cook covered for about 4 minutes. Turn fish over and cook an additional 2 minutes. Check for doneness. Fish is cooked when opaque and flakes easily with a fork.

See you on Thursday!

~The Walking Fish Crew