

October 20, 2009

Dear Walking Fish CSF Members,

This week marks the halfway point! We hope you are as excited about the next six deliveries as you were for the first six.

Last week a few people didn't receive our weekly email. We're still not sure what happened. Hopefully it won't happen again, and we apologize for any inconvenience this caused. If it happens again please let us know (info@walking-fish.org).

At the suggestion of one member, we added a pick up schedule to the website. Hopefully this will be useful (http://walking-fish.org/pickup_schedule.php)

A quick reminder... For those of you who might be interested, DukeFish is hosting a screening of End of the Line, a documentary film about global fisheries. If you are interested in joining us, you can find details at: <http://www.dukefish.org/endoftheline/>.

Also, 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. Thank you to all those who donated extras!

WEEK 6: October 22nd Delivery

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

When: Thursday, 4 – 6 pm

Share description: [BLACK DRUM](#) (Full Share); [HARD CLAMS](#) (Half Share)

Fishermen: Aron Styron is providing the Black Drum. He is from Cedar Island and is from a long line of fishermen. He caught the black drum on Tuesday using pound nets. He fishes out of Cedar Island and his nets were handed down to him from his grandfather.

Recipe:

These recipes were prepared for Walking Fish members by Chef Amy Tornquist and the crew at Watts Grocery.

Red Chili crusted [Black drum](#) with, avocado and Brinkley farm succotash
Ryan McQuire, Watts Grocery

2- 6oz. fillets of black drum
chili crust
2 T ancho chili powder
1T paprika
2 t garlic powder
2 t onion powder
1 t kosher salt
1t ground black pepper
mix all ingredients well in a mixing bowl and set aside

Pea succotash
4C Brinkley farm peas
1C corn kernels
1/4 C small diced red onion
1/4 C small diced red pepper
1/4 C small diced poblano pepper
4T chopped cilantro
4T blended olive oil
2t kosher salt
1t ground black pepper
2T lemon juice

- 1) In a pot of salted boiling water, blanch your cleaned peas. Cook until tender but still have a bite to them. Strain water and set peas aside making sure not to over cook.
- 2) In a large sauté pan or medium sized pot add 2T blended oil. Once hot, saute all your diced vegetables.
- 3) Once vegetables have sweat out and are tender add your peas back to the pot. Season with salt and pepper, lemon juice, olive oil and cilantro.
- 4) Set aside to cool or serve warm.

Assembly

- 1) Season each fillet on one side liberally with spice mix.
- 2) On a hot grill or saute pan sear your fillets a few minutes on each side.
- 3) Place cooked fish over succotash.
- 4) Add a few slices of ripe avacado on top of fillets and garnish with a sprig of cilantro

Hard Clam and andouille Pot Pie

Ryan McQuire, Watts Grocery

12 hard clams
1/4 C small diced andouille sausage
1 sheet of phyllo dough
12 pearl onions

4T small diced carrot
4T small diced fennel
4T small diced celery
2T finely chopped parsley
1/4 C medium diced potato
3T finely chopped garlic
4 oz. pernod (2oz for clams)
4 oz. white wine (2oz of wine)
2T capers
16oz. clam juice
4 oz. heavy cream
2oz blended oil
2t salt
1t ground black pepper
4T AP flour
1T melted butter

1) In medium sized pot add a little olive oil. Carefully add well cleaned clams, 2oz of pernod, and 2oz of white wine. Once clams open pour contents out into a separate bowl, reserving liquid and discarding shell from the clams.

2) Rinse pot, dry and add back to stove. Add a little more oil. Sweat out sausage, garlic, carrot, fennel, celery, onions potatoes.

3) Add AP flour to the vegetables and stir to incorporate well.

4) Slowly whisk in the rest of the pernod, and white wine and cook a few minutes constantly stirring.

5) Add clams, clam juice and the reserved liquid, season and cook down until onions are tender.

6) Whisk in heavy cream, parsley and capers and turn off heat.

7) Cut out phyllo dough to fit the top of two oven safe bowls or ramekins.

8) Ladle stew into your ramekins, place dough on top and brush with melted butter.

9) Cook in oven at 350 until tops are golden brown.

We look forward to seeing you on Thursday!

~ **your Walking Fish Crew**

Check out our new Facebook site: <http://www.facebook.com/walkingfishcsf>