

Dear Walking Fish Members,

Welcome to the Fall 2011 Season of Walking Fish! We hope you enjoy being a part of the Walking Fish community supported fishery. This will be our second season delivering to Duke Raleigh Hospital and we are looking forward to a great fall season!!

We hope you will share your thoughts, ideas and recipes on our [Member's Forum](#). This is a great place to post messages and recipes. You can also buy, swap and trade shares with others.

Please remember to bring a cooler, insulated bag or other means for transporting your seafood. Refrigerate as soon as possible to ensure safety and freshness.

WEEK 1: September 21st, 2011 Delivery

WHERE: Duke Raleigh Hospital

WHEN: Wednesday, 4 – 5:30 pm

WHO: EVERY and BLUE group

Share Description:

Flounder and Shrimp

Aron Styron provided us with his catch of flounder from Core Sound (Cedar Island). The white shrimp were brought to us from the waters of South Carolina by Kenny Pittman's trawlers.

The following recipe is a simple way to prepare flounder, using either fillets or whole fish.

Flounder, fillets or whole fish

3 - 4 TBSP butter

1TBSP fresh lemon juice

1 TBSP parsley

½ tsp. salt

2 scallions, chopped

**This basic recipe can be altered according to one's own taste. Dill weed, tarragon, garlic salt or thyme are just a few of the seasonings that can be added to the sauce.

*If using whole fish remember to score the meat two to three times diagonally on each side for more even cooking.

Heat oven to 350 degrees. Melt butter in saucepan. Add lemon juice, parsley, scallions and salt. Pour about half of this mixture in the bottom of a baking dish. Place fish in dish and pour remaining sauce on top. Cook fillets for approximately 15 minutes and whole fish for 30 – 45 minutes. The fish is cooked when it flakes easily with a fork.

We hope you enjoy this week's catch!!

~The Walking Fish Crew