

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 first season delivering to the NCSU Campus Farmer's Market 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: NCSU Campus Farmer's Market

WHEN: Wednesday, 1 – 3 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.

Coconut Flounder

(I am sure most everyone has heard of coconut shrimp, but have you ever tried coconut flounder?)

1 lb of flounder fillets, cut into approximately 1 ½" by 3" strips

½ cup of all-purpose flour

½ cup cornstarch

1 tsp salt

½ tsp pepper

1 cup of very cold water

1 – 1 ½ cups of coconut

Cooking oil

Rinse and dry the flounder strips well on paper towels. Mix flour, corn starch, salt and pepper. Add the cold water to the mixture and stir well. Put the coconut in a plate and heat the cooking oil in a skillet on medium heat. Dip the flounder strips in the wet mixture; shake off excess, then put the flounder in the bowl of coconut. Press the coconut on the fish to cover it well. Fry the flounder until golden brown. Serve with orange marmalade dipping sauce.

We hope you enjoy this week's catch!!

~The Walking Fish Crew