

Dear Walking Fish Members,

We are very excited about our first winter CSF in Raleigh! So far, we are experiencing a very mild winter on the coast. The fishermen are able to get out on the water regularly. This week we will be bringing local oysters. Jay Styron, a fisher member, owns a small, family owned oyster farm in Cedar Island, NC (about 30 miles NE of Beaufort).

Jay has been a pioneer in the oyster growing and restoration sector in North Carolina and he is actively involved in a number of groups and organizations (both academic and non-profit). Since the oysters were grown in suspended cages rather than on the bottom they are far cleaner than other oysters you may try.

In addition to the oysters, we will be bringing vermillion snapper that were caught in the Atlantic Ocean by Caption Gilbert Mathis of the 'Atlantic Runner'. These fish were caught using hook and line.

Please be sure to check out our Facebook page for photos, tips and recipes!

WEEK 1: January 31st, 2012

WHERE: NCSU Campus Farmer's Market(Brickyard)

WHEN: Tuesday, 3:30 – 4:30 pm

SHARE DESCRIPTION:

Oysters harvested by Jay Styron (full share – 24 oysters, half share – 12 oysters)

Vermillion Snapper (full share – 2 lbs., half share – 1 lb.)

Baked Snapper

Whole Snapper (1 ½ - 2 lbs)

Salt and Pepper

2 TBSP butter, softened

2 TBSP small diced shallot

Lemon, sliced very thin

Rinse and pat dry the fish. Place parchment paper or foil in a shallow baking dish. Salt and pepper both sides of the fish. Mix the softened butter and shallots together. Spread half the mixture over one side of the fish, flip over and put the remaining amount on the other side. Place lemon slices on top. Bake in a 350 degree oven until the fish flakes easily with a fork (30 – 40 minutes, according to the thickness of the fish). You can also do this with fillets, just shorten the cooking time.

Raw Oysters

(Amy Tournquist, chef and owner of Watt's Grocery in Durham shared this oyster recipe)

'I would serve this raw. They are yummy and actually not that hard to open. Here are the sauces we like to serve with them:

Mignonette:

2 shallots, tiny dice

½ cup champagne vinegar

Pepper

Dash of Tabasco

Pinch of sugar or honey'

~The Walking Fish Crew