

October 12, 2011

Dear Walking Fish Members,

We hope everyone is enjoying the seafood they have received this fall. This week the fishermen have been able to deliver a wonderful catch of fresh triggerfish. In addition to the triggerfish, we will also be bringing local flounder!

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!

If you have any recipes, please let us know by email or a post on the Walking Fish Facebook page.

WEEK 4: October 12th Delivery

WHERE: Duke Raleigh Hospital

WHEN: Wednesday, 4:00 to 5:30 pm

WHO: EVERY WEEK

SHARE DESCRIPTIONS –

Triggerfish – These fish were caught offshore in the Atlantic Ocean using hook and line.

Flounder – The flounder were caught using pound and gill nets. These fish were caught in Core Sound and Pamlico Sound.

Five Spice Triggerfish with Stir-Fried Vegetables

1 lb. Triggerfish

1 tsp. five spice powder

1/8 c. soy sauce

Olive Oil

½ red bell pepper, julienned

½ onion, julienned

1 cup broccoli florets

2 carrots, sliced

2 Tbsp. oil
2 Tbsp. soy sauce
½ tsp ground ginger
2 Tbsp. Corn starch
½ cup chicken broth
¼ cup water

Prepare 1 - 2 cups cooked rice.

Saute the pepper, onion, broccoli and carrots in a large skillet for about 5 minutes. Add the soy sauce and ginger to the pan. Mix together the corn starch, water and chicken broth until smooth. Add this to the vegetables and continue to cook until the liquid thickens. Set aside (keep warm).

Sprinkle the five spice powder on the trigger fillets. Heat a cast iron skillet with olive oil. Add the fillets and the soy sauce and cook a few minutes on each side until done.

Put approximately ½ cup of rice on a plate. Top with vegetables and then the fish. Add additional soy sauce, if needed.

~The Walking Fish Crew