

Dear Walking Fish Members,

Some species of fish do not require an introduction. Jumping mullet do.

Unlike well-known staples (e.g. shrimp, flounder, and blue crabs), jumping mullet are still relatively unknown in the Triangle and every season a few members question why we offered them in the CSF.

Though difficult to find in local stores and restaurants, Jumping Mullet are a popular local fish on the coast – especially this time of year when their light meat has a mild salty flavor. Mullet aren't just popular on the North Carolina coast. In the Southeast, for example, they are lauded for their flavor and healthfulness and you'll find them in popular hole-in-the-wall joints and upscale restaurants alike.

Mullet have become so popular that *Sarasota*, a Florida-base magazine, recently claimed that **“Mullet is to the Gulf [of Mexico] Coast as Grapes are to Sonoma Valley.”** We certainly applaud their enthusiasm and agree with their excitement, even though we disagree with one point. We would replace Gulf Coast with North Carolina.

If you haven't tried mullet before, we hope you find them to be a treat. We think you will like them.

Either way, please tell us what you think. We want to hear your input. We want to see your pictures and your recipes too!

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WEEK 6: October 26<sup>th</sup>, 2011 Delivery

WHERE: Duke Raleigh Hospital

WHEN: Wednesday, 4 – 5:30 pm

WHO: BLUE week

Share Description: JUMPING MULLET WITH ROE

The **jumping mullet** were caught by Lin Chestnut a Walking Fish fisher member. Lin spends most of his time gigging flounder but at this time of the year, he enjoys the jumping mullet fishery. The jumping mullet were caught using run around gill nets. The roe is considered a delicacy by coastal residents.

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RECIPES:

Ron Sparks, a local downeast fisherman and a member of the cooperative shared his favorite recipe for jumping mullet.

### ***Jumping Mullet Fillets***

BBQ Sauce  
White vinegar

Mix vinegar with the barbeque sauce to thin it out some (a couple of tablespoons to a half cup). Brush the flesh side of the mullet with the mixture. Lay the fillets on the preheated grill, skin side down. Cook the mullet for about 15 minutes over moderate heat with the lid closed. When the tails begin to curl, this is an indication that the fish is done. Brush additional plain BBQ sauce on the fish before serving.

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### Jumping Mullet Roe

Dredge the roe in flour seasoned with salt and pepper. Heat cooking oil in skillet over medium-low heat. Add the roe to the pan and cook slowly, turning often, until nicely browned.

*~The Walking Fish Crew*