

Dear Walking Fish Members,

It is hard to believe we are at the halfway point with the Fall CSF! The weather on the coast has been very windy the past few days. Despite the windy conditions, flounder fishermen have continued to fish!

WEEK 7: November 3rd, 2011 Delivery

WHERE: Sarah P Duke Gardens (main entrance off Anderson Street)

WHEN: Thursday 4:00 – 6:00 pm

WHO: EVERY

SHARE DESCRIPTION: **Southern Flounder** from the shallow waters of Core Sound and Pamlico Sound. We feel very fortunate that we are able to provide this week's fresh flounder due to the windy weather we have had this week. The flounder have been caught by local fishermen using pound nets.

RECIPES:

Baked Flounder Almondine

The following recipe is from my husband's cookbook he wrote in 1980 when he owned and operated Clark's Seafood in Beaufort.

Debbie Callaway, CSF Coordinator

Flounder fillets, 1 lb

1 cup blanched, slivered almonds

½ cup butter

Lemon

Rinse and wipe dry the flounder fillets. Sprinkle with salt and pepper. Dredge in a little flour. Saute in melted butter until done but not too brown. Place fillets in a baking pan. Mix almonds and butter in a skillet. Heat the almonds until light brown. Pour over the flounder fillets and sprinkle with lemon juice. Place in a 375 degree oven for 3 – 5 minutes.

~The Walking Fish Crew