

Dear Walking Fish Members,

We are very excited about this week's delivery: local oysters. Jay Styron, one of the members of the cooperative, owns a small, family owned oyster farm in Cedar Island, NC about 30 miles NE of Beaufort.

Jay Styron 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 sheepshead that were caught by fisher members, Aron Styron, Vince Emory and Buddy Goodwin. These fish were caught using pound nets in Pamlico Sound.

Photos and recipes are always welcome! Facebook is a great place to post and share your seafood recipes.

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WEEK 8: November 9th, 2011 Delivery

WHERE: Duke Raleigh Hospital

WHEN: Wednesday, 4 – 5:30

WHO: EVERY and GREEN groups

Share Description:

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

Sheepshead fillets (full share – 2 lbs, half share – 1 lb)

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Raw Oysters

(Amy Tournquist, chef and owner of Watts Grocery in Durham shared this oyster recipe with Walking Fish.)

I would serve these 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 of champagne vinegar

Pepper

Dash Tabasco

Pinch of sugar or honey

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Sheepshead Kiev

(This is an adaptation of a Kiev recipe, using sheepshead instead of chicken)

1lb sheepshead fillet (quartered lengthwise)

3TBSP softened butter

½tsp garlic powder

1tsp tarragon

1tsp parsley

½tsp salt

¼tsp pepper

2eggs, beaten with a little milk

½cup flour

1cup panko

Vegetable oil

Mix together the butter, garlic powder, tarragon, parsley, salt and pepper. Put it in a container and place in the refrigerator to harden, approximately ½ hour.

Cutoff a piece of the firm butter and place it on the narrow end of the fillet. Roll up the fish and secure with toothpicks (on sides also) with the butter neatly folded inside. Dredge the fish in flour, then in the egg mixture and finally in the panko crumbs. Place the fillets in a pan or plate that has been sprayed with cooking oil. Refrigerate for about an hour.

Heat the cooking oil (about an inch) in an iron skillet. When the oil is hot, put the sheepshead rolls in the oil and cook for about 5 minutes on each side or until nicely browned. Remove from skillet and place in a pan to cook an additional 5 minutes in an oven heated to 350 degrees.

We served this with a spicy mayonnaise based sauce.

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~The Walking Fish Crew