

Dear Walking Fish Members,

This week we would like to ask a simple question. Why are you a member of Walking Fish?

I am a member of Walking Fish because.....

Please post your thoughts on the "Wanted: Your Input" section of the Member's Forum.

WEEK 9: November 17th, 2011 Delivery

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

WHEN: Thursday 4:00 – 6:00 pm

WHO: EVERY Group

SHARE DESCRIPTION:

White Shrimp caught by Kenny Pittman's trawlers off the coast of South Carolina

RECIPES:

This recipe was prepared for Walking Fish members by Chef Amy Tournquist and the crew at Watts Grocery.

Paprika Shrimp w/Roasted Peppers over a Shaved Fennel Salad

Ingredients

-1 t. olive oil

-6 cloves garlic, crushed

-2 t. red pepper flakes

-2 c. chopped tomatoes

½ c. chopped basil

1 ½ lbs shrimp, peeled

3 T chopped parsley

1 c. roasted red or yellow peppers (can also add in a little poblano)

½ lemon, juiced

1 T. lemon zest

Preparation: Marinate shrimp in the oil, ½ garlic, basil for 1 hour. Saute' shrimp until pink on one side, then add the other ingredients and cook until shrimp is just pink. Season with salt and pepper. We like to serve this over rice or shaved fennel salad.

Shaved fennel salad:

-1 fennel bulb, cleaned

-Pea tendrils

-Orange sections

-Dijon vinaigrette

Preparation: Use a mandolin or very sharp knife and slice very thinly. Add the slices of orange and mix with the pea tendrils and dress lightly.

~The Walking Fish Crew