

Dear Walking Fish Members,

We hope everyone is enjoying their seafood this winter season. We are still in the process of determining delivery locations for the 2012 Spring CSF and will pass the information to you as soon as possible.

WEEK 5: March 27th Delivery

WHERE: NCSU Campus Farmer's Market (Brickyard)

WHEN: Tuesday, 3:30 – 4:30 pm

SHARE DESCRIPTIONS –

Southern Flounder – trawl caught by Kenny Pittman in the Atlantic Ocean and unloaded at the docks in Merrimon.

Oysters (wild caught) harvested by Jimmy Morris of Harkers Island

RECIPES:

The following two recipes are from my husband's cookbook he wrote in 1980 when he owned and operated Clark's Seafood in Beaufort. Hope you enjoy!
Debbie Callaway

Flounder Florentine

- 1 lb. flounder fillets
- 1 pkg. frozen spinach (thawed and drained)
- 1 bay leaf
- 1 TBSP lemon juice
- Salt and Pepper

Add seasonings to just enough water to barely cover flounder. Poach 3-4 minutes. Spread spinach in buttered casserole. Place flounder on top. Pour sauce over flounder. Broil on middle rack in oven, watching to see that it is bubbling good and heated through before serving.

For the sauce:

- | | |
|--------------------|---|
| 2 TBSP butter | 1 cup fish stock (chicken stock will also work) |
| 1 ½ TBSP flour | ¼ cup grated sharp cheddar or parmesan cheese |
| 1 egg yolk, beaten | 1 TBSP sherry |
| 1/8 tsp. nutmeg | |

Melt butter and blend in flour. Add fish stock slowly. Add remaining ingredients, and simmer slowly 3-5 minutes.

SERVES 2

“Downeast Baked Fish”

3-4 slices salt pork or bacon

1 flounder (headed and gutted)

2-3 potatoes (sliced ¼” thick)

1 onion (sliced thin)

2 TBSP flour

Salt and pepper

Fry out pork slowly. Drain pieces and reserve. Add flour to pan drippings and brown. Add water making a slightly, thickened gravy. Place dressed, scored fish into pan. Salt and pepper to taste. Layer potatoes and onions on top. Pour gravy over all. Bake at 350 for 35 – 45 minutes or until potatoes are tender. Crumble pork over top before serving.

SERVES 4-6

~The Walking Fish Crew