

Dear Walking Fish Members,

We hope all of the weekly members enjoyed their first week of the Spring 2011 CSF, and we would like to welcome all of the bi-weekly members to their first pick-up.

* Please remember to bring a cooler, insulated bag, or other means for transporting your seafood. Remember to refrigerate your seafood as soon as possible to ensure safety and freshness.

WEEK 2: April 21, 2011 Delivery

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

WHEN: Thursday, 4 – 6 pm

WHO: Every week and GREEN Group

SHARE DESCRIPTION:

Southern Flounder

A note about this week's catch: The flounder were trawl caught by Kenny Pittman in the Atlantic Ocean.

BAKED FLOUNDER WITH TOMATOES and CORN BREAD

Debra Callaway, CSF Coordinator

(Total cooking time – approximately 45 minutes)

Flounder fillets (1 ½ - 2 lbs.)

If using whole fish, be sure to score the skin

Onion, 1 large, sliced ¼ inch

Russet Potatoes, 4 medium, sliced ¼ inch

Butter, 2 Tbsp

Olive oil, 2 Tbsp

Salt and pepper

Bacon, 2 cooked slices, crumbled

Parmesan cheese, 1/3 cup

Dill Weed, 1 tsp

Lemon Juice, 1 Tbsp

Olive oil, 1 Tbsp

Preheat oven to 375 degrees.

Rinse and pat dry fish.

Put 2 TBSP butter and 2 TBSP olive oil in a pan. Place in oven to melt butter, just a minute or two. Place flounder fillets in the pan, cover with the potatoes and onions. Add a cup of water and season with salt and pepper. Cook for 20 minutes. Remove pan from oven and put the tomatoes on top. Cook for another 20 minutes or until potatoes are done. (*If using whole fish, add additional time)

Mix together crumbled bacon, parmesan cheese, dill weed, lemon juice and olive oil. Remove pan from oven and spoon the bacon mixture over the tomatoes and flounder. Put back into the oven and broil for about 5 minutes until the cheese has melted. Watch closely!

Corn Bread Recipe

Kathy Mathis, Walking Fish Board Member

Plain yellow corn meal, 1/2 cup

Plain flour, 1/4 cup

1 – 2 tsp. onion salt

Water

Mix together ingredients, adding enough water to make it a pancake consistency. Heat a little canola oil on medium high heat. Fry 4 pieces to a large cast iron frying pan. Cook until golden brown, flat and crispy around the edges.