

Dear Walking Fish CSF Members,

We hope everyone enjoyed last week's flounder. Thanks to everyone that posted pictures on Facebook. We are very excited about this week's delivery! This week we will be bringing live soft shell crabs and clams. The crabs were caught by Mark Hooper using Jimmy pots. In the spring, as crabs are molting, crab fishermen, like Mark catch "shedders" (aka crabs that are about to shed their shell) using male crabs instead of bait. Crab traps like this are called "Jimmy" pots because male crabs are often called Jimmy Crabs or Jimmies. Most of Mark's crabs are sent to fancy restaurants in New York City, but this week this spring-time treat is heading to Durham instead!

***Cleaning soft shell crabs is a simple procedure and we will have details tomorrow with specific instructions.

We love recipes! Please use our member's forum or our Facebook page to post your favorite recipes using this week's catch.

*Note: Soft shell crabs need to be kept cool, but not too cool. They should be fine in an insulated bag or a cooler without ice for a short period of time. We do not recommend putting them directly on ice, since this may kill them. An ice pack works, or ice with a barrier (such as newspaper) between it and the crabs/clams also works.

* Please remember to bring a cooler, insulated bag, or other means for transporting your seafood. We will provide ice, so please bring a plastic bag if necessary. Remember to refrigerate your seafood as soon as possible to ensure safety and freshness.

WEEK 1: April 28, 2011 Delivery

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

WHEN: Thursday, 4 – 6 pm

WHO: Every week and BLUE Group

This week's catch:

Soft Shell Crabs – caught by Mark Hooper in Jarrett's Bay using Jimmy Pots

Littleneck Clams – harvested by Paul Russell in Newport River using a clam rake

The following recipe can also be found in our Walking Fish website cookbook!

Simple Fried Soft Shell Crabs

from Walking Fish organizer, Nicholas Mallos

6 medium soft shell crabs
¼ cup milk
¾ cup flour
2 eggs, beaten
2 tsp. salt
¾ cup dry bread crumbs

Clean the soft shells. Rinse in cold water; drain. Combine eggs, milk and salt. Combine flour and crumbs. Dip crabs in egg mixture and roll in flour/crumb mixture. For heavier breading, let crabs sit several minutes and repeat dipping-rolling procedure. Additional spices, such as cayenne pepper and garlic, may also be added.

Place crabs in a heavy frying pan which contains 1/8 to 1/4 inch of fat, hot but not smoking. Fry at moderate heat. When crabs are brown on one side, turn carefully and brown on other side. Cooking time is approximately 8 to 10 minutes. Drain on absorbent paper. Serves 6.
If you prefer, you can fry the crabs in a basket in deep fat at 375 degrees for 3 to 4 minutes or until brown. Drain on absorbent paper.

~Your Walking Fish Crew