

Dear Walking Fish Members,

Welcome to the Spring 2011 Season of Walking Fish, a community supported fisheries (CSF)! This is an exciting moment for Walking Fish with this being the start of a second delivery location! We feel privileged to be part of this effort and are humbled by the tremendous enthusiasm and support we are receiving.

Over the course of this season, we hope you will be inspired to share your thoughts, ideas, and feedback, as well as your recipes, cooking tips, and general CSF stories. This is an opportunity to connect, not just with food, but with people interested in local capacity building, healthy eating, vibrant communities and stewardship.

We want to encourage you to share your thoughts, ideas and recipes on our member's forum. This space can be used to buy, swap or trade shares if you are unable to pick up a share on a given week. Also, be sure to visit our Facebook page for links to interesting articles, recipes and photos (even if you don't have a Facebook account, you can still view the page)!

*Note: In an effort to reduce the use of plastic bags, please remember to bring something to transport your seafood home!

WEEK 1: April 28, 2011 Delivery

WHERE: Duke Raleigh Hospital

P1 South Parking Garage, next to the lower level entrance

WHEN: Thursday, 4 – 6 pm

WHO: Every week and BLUE Group

SHARE DESCRIPTION:

Southern Flounder

The flounder were gilled by Lin Chestnut in Core Sound.

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
Tomato, sliced ½ 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!

CORNBREAD RECIPE

Kathy Mathis, Walking Fish 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