

Dear Walking Fish Members,

We want to welcome the GREEN group to the spring 2011 season of Walking Fish, a community supported fishery (CSF). For those of you who received your first delivery last week, we hope you enjoyed the flounder.

WEEK 2: May 5th, 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 GREEN Group

SHARE DESCRIPTION:

FULL SHARE MEMBERS

 Littleneck Clams harvested by Billy Russell, Paul’s brother in Newport River
 Live Softshell Crabs from Rodney Salter in Davis, NC

HALF SHARE MEMBERS

 Southern flounder gigged by Lin Chestnut in Core Sound
 Live Softshell Crabs from Rodney Salter in Davis, NC

**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. We will be sending you details on how to clean the softshell crabs later today.

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.

The member's forum on the Walking Fish website is a great place to look for new ways to cook seafood. There are lots of good ideas for cooking seafood and some great tasting recipes already posted. If you have a seafood recipe you would like to share with others, we encourage you to post it on the forum or on Facebook.

** 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.

~The Walking Fish Crew