

November 3, 2009

Dear Walking Fish CSF Members,

Happy November! We hope the weather in Durham is as beautiful as it is on the coast today. We want to take a moment to apologize for the black drum/clam mix-up we had two weeks ago. We sincerely appreciate your patience, flexibility, and willingness to offer input and share your frustrations with us. Please continue to share your suggestions with us. As this is a pilot project, we are still adjusting our operations to find the methods that work best for everyone involved, and we welcome any feedback you have. We will make every effort to ensure that future emails correctly list the expected species of the week.

This week Fishtowne is doing a series of filleting demonstrations during pick up. This is an opportunity to glean tricks of the trade and to refine and/or learn how you can advance your filleting skills. For those of you who have a filleted share – and haven't dealt with the excitement of filleting your own fish this season – this might encourage you to consider the H&G option next season.

WEEK 8: November 5th Delivery

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

When: Thursday, 4 – 6 pm (http://www.walking-fish.org/pickup_schedule.php)

Share description: Half Share members will receive one of two options: 1) shrimp, or 2) shrimp and flounder; Full share members will receive shrimp and flounder.

A note about this week's fishermen: Larry Kellum caught this week's shrimp on his boat Captain Boogie. Larry is a long-time fisherman who fishes out of Marshallberg Harbor in Down East, North Carolina. Eddie Willis caught this week's flounder using pound nets. Eddie fishes out of Cedar Island and owns Mr. Big's seafood. He has provided shrimp for the CSF in the past.

Recipe: Pan Seared Flounder topped with Shrimp and Avocado Salad

Shrimp with Avocado Salad

2 ripe avocados cut into chunks

4 cups diced cooked shrimp

1 stalk celery, cut into 1/4-inch dice

4 scallions, trimmed and thinly sliced or 1/4 cup sweet onion cut into 1/4-inch dice

2 tablespoons finely chopped parsley
Duke's mayonnaise to taste
2 teaspoons strained freshly squeezed lemon juice (or to taste)
2 teaspoons kosher salt
Freshly ground black pepper

In a mixing bowl, toss together the shrimp, celery, scallions and herbs. Add lemon juice, mayo, salt and pepper to taste. Add celery and scallions and set aside.

Cooking the fish

Season both sides of your fish with salt and pepper. Heat a sauté pan with mostly oil (we use a blended olive oil) and a tsp whole butter. Brown your fish on one side, then the other. We then put the fish in the oven at 375 for a few minutes (depends on the thickness of the fish how quickly it will cook).

Cooking shrimp for salad

Many folks poach shrimp for salads, but we prefer to lightly sauté them with a finely diced shallot in a little olive oil until pink. Cool and then dice, either by hand or in a food processor.

Note that this can easily be made the day before and served cold. And please use the remaining seafood salad for sandwiches or snacks the next day.

As usual, we want to remind everyone to please bring an insulated bag and/or a cooler for your fish. We will have a few spare plastic bags, but we're trying to use as little plastic possible. Thank you to all those how have been bringing extra!

We look forward to seeing you on Thursday!

~ your Walking Fish Crew

Walking Fish was named as a finalist for the [2009 North Carolina Sustainability Awards!](#)