

November 10, 2009

Dear Walking Fish CSF Members,

This week Fishtowne is doing a second round of filleting demonstrations during pick up (until it gets dark!). However, the forecast for tomorrow is predicting rain, so if it is raining we will postpone this event until December 3rd, so that our bi-weekly members have an opportunity to participate. 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.

T-SHIRT SALE, LAST CHANCE!

After receiving many requests from our members, we are ordering Walking Fish CSF t-shirts. The front of the t-shirt will feature the Walking Fish Community-Supported Fishery logo, and the back of the shirt will advertise the Walking Fish website in small, discrete text. The shirts are Anvil's new Recycled Tee -- made from 70% pre-consumer recycled cotton -- and are available in both Navy and Charcoal Gray.

Members can view the t-shirt design and submit your order online at <http://walking-fish.org/tshirts.php>, or you can place your order with the CSF representatives at this week's (11/12) pickup. Sample sizes will be available for members to try on. The price of the t-shirt is \$18. Payment will not be collected until delivery of the shirts at a later delivery date (notification will be provided).

In keeping with our mission to support local economies, we have partnered with Deweese Screen Printing and Design (<http://www.deweeseprinting.com/>) to do all the design and printing work for the t-shirts. Owner David Deweese is a resident of Carteret County and the Crystal Coast, and we are excited to have him join the Walking Fish CSF partnership.

Profit from the t-shirts will be used to help support Walking Fish in the future!

WEEK 9: November 12th 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: Sea Mullet (also known as Kingfish)

A note about this week's fishermen: This week's sea mullet was caught by Bradley Stryon from Cedar Island. Bradley and his family own Quality Seafood in Cedar Island and have provided fish for us in the past.

Recipe:

Here is the recipe from Amy Tournquist at Watts Grocery.

She also included this comment as another option: *I also thought another, perhaps more seasonal idea for the fish, would be to bake it over shaved fennel, chopped canned tomatoes, little slivered potatoes, and sweated onions. You could fill the cavity of the fish with rosemary and a little garlic.*

Baked Whole Sea Mullet with Molasses Barbecue Sauce and Pineapple Salsa

Fast and Easy Barbecue Sauce

1 yellow onion, minced
3 cloves garlic, minced
¼ tsp red pepper flakes
5 c catsup
1 c chopped canned tomatoes
1 c molasses
2 ½ c cider vinegar
½ c dark brown sugar
Salt

Sweat onion and garlic slowly until translucent but not brown in olive oil. Add the remaining ingredients and bring to a boil. Adjust for taste (some like sweeter, some more tomato, some tarter), then reduce heat to a simmer and cook down for 30 minutes or so on low heat.

Pineapple Salsa

½ red onion, minced
½ red pepper, minced
½ green bell or poblano pepper, minced
½ de-seeded jalapeno, minced
1 super sweet pineapple, cored, peeled, and minced
2 T cider vinegar
¼ c chopped cilantro (or to taste)
Salt and Pepper

Mullet

1 sea mullet
2 yellow onions, slivered
6 fingerling potatoes, slivered
½ c orange juice

For the whole fish; slash the skin of the mullet on both sides and baste with the barbecue sauce on the outside and in the cavity. Put the onions and potatoes on the bottom of a baking dish, add ¼ c orange juice mixed with some of the barbecue sauce, and then add your salted and peppered fish. Bake at 350 until firm, baste with extra barbeque sauce and keep the bottom of the pan moist, adding extra OJ if needed.

Regards,

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