

December 9th, 2009

Dear Walking Fish CSF Members,

This week is the last pick up for our first CSF season. We thank you for your support and we hope you've enjoyed the fresh fish. Please consider participating again this spring. We will send you an email with sign up information when we know more.

We would love to hear what you thought about the first season. We will be asking you to participate in a survey to help us evaluate the success of this pilot program; your feedback is very important to us.

For those of you who ordered t-shirts, they will be available for pick up this week (Dec. 10th). Please bring cash or a check. Checks should be made out to "Duke University" and say "DukeFish" in the memo line.

WEEK 9: December 10th Delivery

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

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

Share description: HALF SHARE: [shrimp](#); FULL SHARE: [shrimp and sea mullet](#)

A note about this week's fishermen: The shrimp are coming from a new fisherman, John Brooks of Harkers Island. They were trawl caught in the Atlantic Ocean off SC, and unloaded on Harkers Island. The Sea Mullet were caught by Anthony Mendoza off Cape Lookout using a gill/sink net.

Recipe:

Shrimp and Grits:

We use Adluh stoneground white grits from South Carolina. Here is how Matt Butler, from our kitchen prepares them:

1/2 stock (we use chicken), 1/2 milk

1 onion, chopped and cooked until translucent in olive oil or butter (about 1 onion per quart of liquid)

4:1 ratio of liquid to grits

Bring the onion/liquid mix to a boil. Matt likes to make this "salt water" salty, so that the grits will get well seasoned but you should do this to your taste.

Add the grits and stir. Bring back to a boil and put onto the lowest flame you have. Cook, stirring some (depends on the level of heat) for 30-40 minutes until soft.

Cut and then coating them with Panko breadcrumbs and fry. You can also pan-fry these chilled grits to make a healthier grit cake.

Shrimp Sauté:

This is based on the method I learned from Bill Neal when I worked at Crook's Corner 20 years ago.

10 shrimp (5 shrimp per order....not many more than 10 fit comfortably in a sauté pan)
4 mushrooms, sliced thinly
2 scallions, sliced thinly
juice of 1 lemon
Tabasco
2 cloves garlic, minced finely
3 slices of bacon, slowly cooked down in a sauté pan to render the fat and make crisp (do not burn)
bacon fat or olive oil for sautéing

Heat your sauté pan with oil until it's hot but not smoking. Add the shrimp so that they cover the bottom of the pan (make sure they all have some pan surface). Let them cook on one side, then turn the shrimp on the other side. At this point, add the garlic, then lemon juice and Tabasco. Sauté around then add the mushroom and bacon. Salt and pepper to taste. Do not burn the garlic. When the mushrooms are cooked to your liking (make sure there's enough oil so the mixture doesn't seem dry after the mushrooms are added), add a handful of scallions. Serve on top of the grit cake and enjoy.

all the best, Amy

We look forward to seeing you on Thursday!

~ **your Walking Fish Crew**