

**September 24, 2009**

**Dear Walking Fish CSF Members,**

BI-WEEKLY MEMBERS: A warm welcome to those of you who are picking up your first shares this week! As we noted last week, we feel privileged to be part of this effort and are humbled by the tremendous enthusiasm and support we've already received.

This season there are 400 members participating in the CSF and just this week alone another 75 people joined the waitlist! Over the course of the season, we hope you'll feel 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.

The Members' Forum is one place to start a dialog (<http://www.walking-fish.org/members.php>). You can also use this space to buy, swap, or trade shares if you are unable to pick up a share on a given week (some people have already posted messages).

\* The Duke Sustainability Office has graciously donated a box of reusable insulated bags to Walking Fish members. Feel free to use these to transport your first delivery home, but remember to refrigerate your seafood as soon as possible. We have about 100 bags left. We'll give them away until they're gone. If you plan to arrive towards the end of the delivery, plan to bring your own cooler/bag/etc.

**ALL MEMBERS:**

**WEEK 2: September 24th Delivery**

**Where:** [Sarah P Duke Gardens](#) (main entrance off Anderson Street)

**When:** Thursday, 4 – 6 pm

**Share description:** Fresh [Jumping Mullet](#) caught off the coast of Cape Lookout.

If you haven't tried mullet before, be prepared for a treat. Though difficult to find in Triangle stores and restaurants, Jumping Mullet is a popular local fish on the coast – especially this time of year when their white meat has a mild salty flavor (because they move from the brackish waters of the sound to the saltier waters of the Atlantic).

When you receive your share, you'll notice a fatty layer on the belly. It's edible. Some people love it, and of course others don't. Because there isn't a consensus between mullet connoisseurs we decided to include it along with your share. So decide for yourself :)

**Fisherman:** Ron Sparks

Ron is a full-time fisherman from Down East, North Carolina. During the year he fishes for spot, croaker, bluefish, hog fish, and an assortment of sea mullet. He is also involved in a small blue crabs operation. The mullet Ron caught using gillnets from 24 ft boat.

Ron recommends barbecuing your mullet. Gill scale-side down at medium heat until the scales char.

**Recipe**

*This recipe was prepared for Walking Fish members by Chef Amy Tornquist and the crew at Watts Grocery.*

**Jumpin' Mullet Muddle**

Watts Grocery

Ryan McGuire

2 cleaned fillets of jumping mullet  
2c sliced medium white onion  
1C sliced mushrooms  
2C medium diced tomatoes  
1/2C sliced fingerling potatoes  
4T oregano  
2T red chile flakes  
2T minced garlic  
1C white wine  
1C mushroom or vegetable stock  
1/4 C blended cooking oil  
Salt and pepper

- 1) place a medium size pot on the oven over medium heat.
- 2) add oil, just before it begins to smoke add your chile flakes, garlic, oregano stirring quickly. Adjust flame to not burn garlic.
- 3) add thinly sliced fingerling potatoes, onions and let sweat a couple minutes. Turn heat back up on the burner
- 4) add mushroom, and tomatoes and let sweat a few minutes more.
- 5) add white wine then mushroom stock and lower the flame. Cook until tomatoes are broken down and potatoes are tender but not mushy.
- 6) blend ingredients in the pot, reserving about a 1/4. Place the other quarter back in pot and stir in butter and check seasoning.
- 7) in a separate sauté pan over high heat, add oil, right when it begins to smoke carefully add seasoned mullet fillets. Once they have browned on one side, flip over and finish cooking in the oven.
- 8) add the mullet to half the muddle vegetables, check for seasoning and serve.

**Farmer's market:**

Tomatoes, little potatoes, mushrooms (shitakes) are available at both Durham and Carrboro....in a few weeks, you should be able to get fennel and that would improve the dish as well. Add it like the onions.

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We look forward to seeing you on Thursday!

~ your Walking Fish Crew

Check out our new Facebook site: <http://www.facebook.com/walkingfishcsf>

For more jumping mullet recipes: [http://www.walking-fish.org/recipe\\_jumpingmullet.php](http://www.walking-fish.org/recipe_jumpingmullet.php)