

September 30, 2009

Dear Walking Fish CSF Members,

Weather on the coast this week has been beautiful – though breezy. The sky has been extra blue and summer’s humidity is beginning to wane (at long last!). Hopefully the same is true for those of you in the Durham area.

This week, in the spirit of community building and conversation starting, we’d like to pose a simple question. Why are you a member of Walking Fish?

I am a member of Walking Fish because ...

Post your reflection on the Members’ Forum page: <http://www.walking-fish.org/members.php>

WEEK 3: October 1st Delivery

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

When: Thursday, 4 – 6 pm

Share description: Shrimp from the Southern coast of Beaufort, NC

Fishermen: All of the shrimp this week is coming from Eddie Willis at Mr. Big's seafood in Harkers Island, NC. Eddie is the owner of Mr. Big's seafood and has been in the shrimp business since he was a child. He grew up “shrimping” on his father's boat and now owns his own seafood business, Mr. Big’s. Eddie says that our shrimp was caught by local fishermen Tuesday evening and landed "with the feet still moving". It was caught using trawl nets with large turtle exclusion devices.

The names of the specific fishermen who caught the shrimp will be added to the website in a few days along with some pictures. Eddie likes his shrimp “boiled, fried, baked, or broiled... really anyway is good”.

Enjoy your shrimp!

Recipe

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

Paprika **Shrimp** w/ Roasted Peppers over a Shaved Fennel Salad
by Chef Amy Tornquist of Watt's Grocery

Ingredients

- 1 t. olive oil
- 6 cloves garlic, crushed
- 2 t red pepper flakes
- 2 c. chopped tomatoes
- ½ c chopped basil
- 1 ½ pounds shrimp, peeled
- 3 T chopped parsley
- 1 c. roasted red or yellow peppers (can also add in a little poblano)
- ½ lemon, juiced
- 1 T lemon zest

Preparation:

Marinate shrimp in the oil, ½ garlic, basil for 1 hour. Sauté shrimp until pink on one side, then add the other ingredients and cook until shrimp is just pink. Season with salt and pepper. We like to serve this over rice or shaved fennel salad.

Shaved fennel salad:

- 1 fennel bulb, cleaned
- Pea tendrils
- Orange sections
- Dijon vinaigrette

Preparation:

Use a mandoline or very sharp knife and slice very thinly. Add the slices of orange and mix with the pea tendrils and dress lightly.

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 shrimp recipes: http://www.walking-fish.org/recipe_shrimp.php