

**October 14, 2009**

**Dear Walking Fish CSF Members,**

How was last week's spot? Did you use Watt's recipe, or did you do your own thing? If you tried something that worked well, and tasted amazing, we'd love to hear about it. You can post your comments on the Member's Forum under the "Recipe, cooking tips, etc" section (<http://www.walking-fish.org/members.php>) or send them to [info@walking-fish.org](mailto:info@walking-fish.org).

For those of you who might be interested, DukeFish is hosting a screening of End of the Line, a documentary film about global fisheries. If you are interested in joining us, you can find details at: <http://www.dukefish.org/endoftheline/>.

We want to remind you 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 produce as little waste as possible.

We would also like to let you know that this week's share will be delivered in a different vehicle, but look for us at the spot in the Duke Garden's parking lot. Our regular driver, Paul Russell, is having his refrigerated truck repaired this week. We would like to assure you that this week's transportation method meets all safety standards.

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### **WEEK 5: October 15th Delivery**

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

**When:** Thursday, 4 – 6 pm

**Share description:** [Gray Trout](#) and [Southern Flounder](#) (FULL SHARE); Gray Trout (HALF SHARE)

**Fishermen:** Bradley Styron fishes out of Cedar Island, NC and runs Quality Seafood. He has spent his entire life in Cedar Island and opened Quality Seafood in 1992. It is, and has always been, a family business. The gray trout this week is from Quality Seafood. Aron Styron caught this week's flounder. He is from Harker's Island, NC and caught the flounder near Cedar Island. Aron also provided spot to the CSF last week.

**Recipe:** This week's recipe from Watts Grocery is still a work in progress. We will add it to the member's forum, <http://walking-fish.org/members.php>, as soon as we get it.

In the meantime, we have provided some simple cooking instructions from Sandra Kellum. Sandra is from the part of the NC coast known as "Down East" and she and her

husband, Larry, are commercial shrimpers. Check out the 'recipes' portion of the member's forum for one of Sandra's favorite Down East Flounder recipes.  
Simple cooking instructions from Sandra

When it comes to cooking fish, the key words are fresh and simple. The fresher the fish, the better. Fish can be prepared in many ways, but the old basics--frying, broiling or grilling are the ones that most people tend to use. If you wish to grill, choose a thick cut of firm meat fish. Flounder and trout will be best broiled or fried. Season your fish as you desire--salt and pepper are the old standbys, but you may wish to use more exotic spices. For broiling, I would recommend seasoning and brushing with olive oil. Put under pre-heated broiler and watch closely. Depending on the thickness of the fillet, broiling should only take 5-10 minutes. When the fillet is lightly browned and the meat flakes with a fork, it is done. For frying--season, then roll lightly in flour, corn meal, or seafood breader. Heat your oil (peanut oil works best for seafood, but any cooking oil will do) on medium high heat; then when hot, add your fillets and cook approximately three minutes on each side, until brown color. Place fillets on a paper towel lined plate to drain.

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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>