

Dear Walking Fish Members,

The weather has been really hot on the coast this past week. We are grateful for the nice sea breeze we get to enjoy even though the humidity is very high.

Today we will be bringing freshly gilled flounder to Raleigh. Gilling is a clean method of harvesting flounder. Lin has been doing this for many years and knows just where to go to catch this mild, flavorful fish.

Week 2: July 17th Delivery

Where:

3– 4 pm – Holy Trinity Lutheran Church Parking Lot (intersection of Clark and Brooks Avenue)
4:45 – 5:15 pm – Duke Raleigh Hospital Parking Lot (P1 South Parking Garage, next to the lower level entrance)

Who: Every Week and GREEN group

Share Description:

Flounder – Gilled in Core Sound by fisher member Lin Chestnut

Flounder and Tropical Salsa

1 lb flounder fillets
½ cup bread crumbs (season with 1 tsp blackened seasonings)
2 TBSP oil
2 TBSP butter

½ cup pineapple
½ cup mango
½ cup cucumber
½ cup red bell pepper
1 jalapeno
2-3 tsp lime juice
Salt and pepper

Dice the pineapple, mango, cucumber, and bell pepper. Seed and mince the jalapeno. Combine all. Add the lime juice and season with salt and pepper. Set aside.

Rinse the fillets. Coat with seasoned bread crumbs, pressing the crumbs onto the fillets. Heat the butter and oil in a frying pan over medium heat. When the butter has melted, cook the flounder until golden brown, flipping once.

The Walking Fish Crew