

Dear Walking Fish Members,

This week is the last pick up for the Fall 2011 season. We thank you for your support and we hope you've enjoyed the fresh fish. We will keep you updated via email with the plans for our next season!

WEEK 12: December 14th

Where: NCSU Campus Farmer's Market

When: Wednesday, 1 – 3 pm

Share description: EVERY WEEK – Shrimp
BI-WEEKLY (GREEN) – Shrimp and Clams

A note about this week's fishermen: The shrimp are coming from Kenny Pittman. They were trawl caught in the Atlantic Ocean off SC, and unloaded in Merrimon, NC. All of the boats are headed in and these will be the last of the shrimp until springtime. The clams were harvested using a rake by fisher member, Paul Russell.

The 'Pick Up Schedule' page on our website contains the emails we have sent to members since the start of Walking Fish (Fall 2009). I came across the following recipe that was shared with us by Amy Tornquist (chef and owner of Watt's Grocery in Durham) on December 9th, 2009.

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

~The Walking Fish Crew