

Dear Walking Fish Members,

Finally some relief for Carlisle Gilgo of Coastal Seafood has come in the form of red drum and flounder. Hurricane Irene did extensive damage to Coastal Seafood located in Sea Level, NC. The storm surge brought eight feet of water into Carlisle's fish house, washing over docks and carrying equipment into the marsh. Fishermen Cecil Simmons, Anthony Salter, Ryan Willis and Danny Davis supplied the red drum from pound nets and gill nets to Coastal Seafood. This week Walking Fish members will be receiving red drum from Pamlico and Core Sounds.

Please remember to bring a cooler, insulated bag or other means for transporting your seafood. Refrigerate as soon as possible to ensure safety and freshness.

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WEEK 2: September 28<sup>th</sup>, 2011 Delivery

WHERE: Duke Raleigh Hospital

WHEN: Wednesday, 4 – 5:30 pm

WHO: GREEN group

Share Description:

RED DRUM

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Red Drum can be cooked in a variety of ways. It is a firm fish that holds together very well if baked, grilled, fried or sautéed. One of the more popular ways to prepare red drum is blackened.

- 1 lb red drum fillets
- Blackening seasoning
- Butter

Heat a heavy cast iron skillet until very hot. In a separate dish, melt the butter. Dip the fillets in the butter and press the seasoning on the fish, both sides. Place fillets in skillet and cook for about 2 minutes. Flip the fillets, add about a tsp of melted butter on top and cook for approximately 2 more minutes.

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*We hope you enjoy this week's catch!!*

*~The Walking Fish Crew*

