

Dear Walking Fish Members,

We are very excited about this week's delivery! So far, we are experiencing a very mild winter on the coast. The fishermen are able to get out on the water regularly. This week we will be bringing local oysters, snapper and triggerfish.

Jay Styron, a fisher member, owns a small, family owned oyster farm in Cedar Island, NC (about 30 miles NE of Beaufort). Jay has been a pioneer in the oyster growing and restoration sector in North Carolina and he is actively involved in a number of groups and organizations (both academic and non-profit). Since the oysters were grown in suspended cages rather than on the bottom they are far cleaner than other oysters you may try.

In addition to the oysters, we will be bringing vermillion snapper and triggerfish that were caught in the Atlantic Ocean by Captain Gilbert Mathis of the 'Atlantic Runner'. These fish were caught by hook and line.

WEEK 2: February 2nd, 2012

WHERE: Sarah P. Duke Gardens (off Anderson Street)

WHEN: Thursday, 4 – 6 pm

SHARE DESCRIPTION:

Oysters harvested by Jay Styron (full share – 24 oysters, half share – 12 oysters)

Vermillion Snapper or Triggerfish

Don't forget to check out our website for more delicious recipes. If you have a favorite way of preparing fish or oysters, please consider posting your recipe on Facebook!

Following is a triggerfish recipe that was posted on Facebook last year by one of our members:

"Packed the trigger filets into a foil packet with pats of butter, a generous splash of lemon juice, and a few sprigs of fresh dill, and a few capers. Baked at 350 degrees for about 20 minutes. Absolutely perfect, didn't need much more than a bit of bread to soak up the buttery tart juice from the packet..."

Baked Snapper

Whole Snapper (1 ½ - 2 lbs)

Salt and Pepper

2 TBSP butter, softened

2 TBSP small diced shallot

Lemon, sliced very thin

Rinse and pat dry the fish. Place parchment paper or foil in a shallow baking dish. Salt and pepper both sides of the fish. Mix the softened butter and shallots together. Spread half the mixture over one side of the fish, flip over and put the remaining amount on the other side. Place lemon slices on top. Bake in a 350 degree oven until the fish flakes easily with a fork (30 – 40 minutes, according to the thickness of the fish). You can also do this with fillets, just shorten the cooking time.

~The Walking Fish Crew