

Dear Walking Fish Members,

This week, in the spirit of community and conversation, we would like to pose a simple question. Why are you a member of Walking Fish? I am a member of Walking Fish because... Please post your reflections on our Member's Forum on the Walking Fish website.

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WEEK 3: February 16<sup>th</sup> Delivery

Where: Sarah P Duke Gardens (main entrance off Anderson Street)

When: Thursday, 4 – 6 pm

Share description:

***Southern Flounder***

The flounder were trawl caught by Kenny Pittman in the Atlantic Ocean and unloaded on the docks in Merrimon, NC.

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Flounder can be prepared in many ways. Carteret County residents are most likely to broil or fry flounder. To broil flounder, simply salt and pepper the fillets, add a little melted butter or olive oil and put in a preheated oven. Watch closely as fillets only need to cook 5 – 10 minutes, according to the thickness of the fish. The fish is done when it flakes easily with a fork. To fry flounder, mix half corn meal and half flour. Salt and pepper the fillets. Heat cooking oil in a frying pan to medium high heat. Place the fillets in the oil and cook until browned, a few minutes on each side. Drain on absorbent paper towels.

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*This is one of my family's favorite flounder recipes (Debbie Callaway, CSF Coordinator).*

**Panko Flounder with Shallots**

Flounder fillets, 1 – 2 lbs.

Panko crumbs, 1 cup

Buttermilk, ½ cup

Salt and pepper

Butter, 2 TBSP

Oil, 2 TBSP

Shallots, 4 – 5 TBSP, finely diced

Chicken or fish stock, ¾ cup

White wine, ½ cup

Rinse and pat dry the flounder fillets, Lightly sprinkle with salt and pepper. Place fillets in buttermilk.

Dredge fillets in panko crumbs, seasoned with salt and pepper. Press the panko onto the fillets. Heat the butter and oil over medium heat. Fry the fillets until browned. Remove from skillet.

With the skillet still on medium heat, add the shallots to the pan. Cook for a few minutes until softened. Pour in ¼ cup of chicken or fish stock. Reduce by half. Add ½ cup of white wine. Reduce again by half. Serve the flounder with the warm shallot sauce poured on top.

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

*~The Walking Fish Crew*