

Dear Walking Fish Members,

Even though the weather has been relatively nice, fishing has been somewhat limited. These past few weeks we have seen very little shrimp. With the shrimp season ending soon, we are excited to be bringing white (greentail) shrimp that were caught off of South Carolina's coast by Kenny Pittman's trawlers. These shrimp are beautiful and very fresh. The count is approximately 16 – 20 per pound.

We will also have approximately 20 pounds of King Mackerel if anyone is interested in getting fish instead of shrimp. The King Mackerel were caught by fisher member, Wells Barker off of our coast using hook and line. If you would like to try the fish, please let us know at the pickup.

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 5: October 19<sup>th</sup>, 2011 Delivery

WHERE: Duke Raleigh Hospital

WHEN: Wednesday, 4 – 5:30 pm

WHO: EVERY and BLUE group

Share Description:

SHRIMP

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**Shrimp and grits**

*(Debbie Callaway, CSF Coordinator)*

- 1 cup grits (not instant)
- ½ cup cream
- 1 cup chicken stock
- 2 cups water
- ¼ cup butter
- 1 cup of cheese (whatever you like)
- Salt and Pepper
- 1 lb shrimp (peeled and deveined)
- 5 or 6 slices of bacon
- 1 small onion, diced
- 1 green pepper, diced
- 1 clove of garlic, minced
- Lemon juice

Bring the cream, stock and water to a boil. Add the grits and cook until all liquid is absorbed and the grits are creamy. Add the butter, cheese and salt and pepper to taste. Keep warm.  
Cook the bacon in a frying pan. Drain all but about 1 TBSP of bacon grease. Add the onion and pepper to frying pan. Cook until tender. Add the shrimp and continue cooking until the shrimp are pink.

To serve, put the cheesy grits in a bowl, top with the shrimp mixture and crumbled bacon. This recipe can be altered to one's own taste. Try different veggies, such as red bell peppers or mushrooms. You can also use whatever cheese you like. Sometimes I use a 4-cheese mix or just cheddar cheese.

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*We hope you enjoy the shrimp!*

*~The Walking Fish Crew*