

Dear Walking Fish Members,

It is hard to believe we are at the halfway point with Fall CSF! The weather on the coast has been very windy the past few days. Despite the windy conditions, flounder fishermen have continued to fish!

-----  
WEEK 7: November 2<sup>nd</sup>, 2011 Delivery

WHERE: Duke Raleigh Hospital

WHEN: Wednesday, 4 – 5:30 pm

WHO: EVERY week

Share description: **Southern Flounder** from the shallow waters of Core Sound and Pamlico Sound. We feel very fortunate that we are able to provide this week's fresh flounder due to the windy weather we have had this week. The flounder have been caught by local fishermen using pound nets.

RECIPES:

*The following two recipes are from my husband's cookbook he wrote in 1980 when he owned and operated Clark's Seafood in Beaufort. Hope you enjoy!*

*Debbie Callaway, CSF Coordinator*

***Flounder Florentine***

1 lb. flounder fillets  
1 pkg. frozen spinach (thawed and drained)  
1 bay leaf  
1 TBSP lemon juice  
Salt and Pepper

Add seasonings to just enough water to barely cover flounder. Poach 3-4 minutes. Spread spinach in buttered casserole. Place flounder on top. Pour sauce over flounder. Broil on middle rack in oven, watching to see that it is bubbling good and heated through before serving.

*For the sauce:*

2 TBSP butter 1 cup fish stock (chicken stock will also work)  
1 ½ TBSP flour ¼ cup grated sharp cheddar or parmesan cheese  
1 egg yolk, beaten 1 TBSP sherry  
1/8 tsp. nutmeg

Melt butter and blend in flour. Add fish stock slowly. Add remaining ingredients, and simmer slowly 3-5 minutes.

SERVES 2

***“Downeast Baked Fish”***

3-4 slices salt pork or bacon  
1 flounder (headed and gutted)  
2-3 potatoes (sliced ¼” thick)  
1 onion (sliced thin)  
2 TBSP flour  
Salt and pepper

Fry out pork slowly. Drain pieces and reserve. Add flour to pan drippings and brown. Add water making a slightly, thickened gravy. Place dressed, scored fish into pan. Salt and pepper to taste. Layer potatoes and onions on top. Pour gravy over all. Bake at 350 for 35 – 45 minutes. Crumble pork over top before serving.

SERVES 4-6

---

We look forward to seeing you tomorrow!

~ *The Walking Fish Crew*