

Dear Walking Fish Members,

Weather on the coast this week has been beautiful and warm! Hopefully the same is true for those of you in the Raleigh area.

This week we'd like to ask a simple question. Why are you a member of Walking Fish?

I am a member of Walking Fish because ...

Please post your thoughts on the "Wanted: Your Input" section of the Members' Forum page: <http://www.walking-fish.org/members.php>

WEEK 9: November 16th, Delivery

Where: Duke Raleigh Hospital

When: Wednesday, 4 – 5:30 pm

Share description: White Shrimp

The shrimp were caught by Kenny Pittman's trawlers off the coast of South Carolina

Recipe

This recipe was prepared for Walking Fish members by Chef Amy Tornquist and the crew at Watts Grocery.

Paprika Shrimp w/ Roasted Peppers over a Shaved Fennel Salad

Ingredients

- 1 t. olive oil
- 6 cloves garlic, crushed
- 2 t red pepper flakes
- 2 c. chopped tomatoes
- 1/2 c chopped basil
- 1 1/2 pounds shrimp, peeled
- 3 T chopped parsley
- 1 c. roasted red or yellow peppers (can also add in a little poblano)
- 1/2 lemon, juiced
- 1 T lemon zest

Preparation:

Marinate shrimp in the oil, 1/2 garlic, basil for 1 hour. Sauté shrimp until pink on one side, then add the other ingredients and cook until shrimp is just pink. Season with salt and pepper. We like to serve this over rice or shaved fennel salad.

Shaved fennel salad:

- 1 fennel bulb, cleaned
- Pea tendrils
- Orange sections
- Dijon vinaigrette

Preparation:

Use a mandoline or very sharp knife and slice very thinly. Add the slices of orange and mix with the pea tendrils and dress lightly.

~The Walking Fish Crew