

Seafood Sightings: February 15, 2012

SEAFOOD SIGHTINGS

Posted February 15, 2012

Recipes this week include trout, flounder and oyster stew. Enjoy!

- *Mountain Express* features a recipe that uses trout from Sunburst Trout Farms near Asheville: <http://www.mountainx.com/article/40335/Tupelo-Honey-features-trout-on-Tuesdays-to-benefit-ASAP>
- WECT TV shares how to make braided flounder with steamed rice: <http://www.wect.com/story/16412783/braided-flounder>
- The *News and Observer* has instructions for a hearty oyster stew, great for cold winter days: <http://www.newsobserver.com/2012/01/08/1758293/stave-off-winters-chill-with-a.html> (the recipe is under Related Content in the top right)