

GREAT FRESH FISH RECIPES

from **Barbara Ann Fishing Charters**

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FLOUNDER FRANCESE

4 6-8 ounce winter flounder or fluke fillets
1 tsp salt
½ tsp pepper
4 tbsp butter
2 tbsp olive oil
flour for dredging
4 eggs, beaten with 1 tbsp chopped parsley

LEMON BUTTER SAUCE

1 teaspoon garlic, minced
1 teaspoon shallots, minced
2 lemons, juiced
4-6 ounces white wine
3 ounces chilled butter
2 tablespoons fresh parsley, chopped
salt
pepper

Season fish filets with salt and pepper. Heat a large sauté pan with olive oil until hot. Lightly dredge the fish in flour, then the beaten egg. Place in the hot oil. Cook until golden brown and turn.

Add the garlic and shallots to the pan with the fish. Sauté until the shallots are translucent. Add the lemon, white wine and simmer 2 - 3 minutes until sauce reduces slightly. Remove the fish from the pan with a long metal spatula and place on plates. Increase the heat to medium-high. Whisk in the cubes of the chilled butter while simultaneously shaking the pan to incorporate the butter to emulsify the sauce. Do not boil! Remove from heat. Add the parsley, salt and pepper. Evenly distribute the sauce over the fish. Serve immediately.