

Flounder Meuniere

Recipe courtesy Chef Tamie Cook

YIELD: 2 SERVINGS

INGREDIENTS:

2, 4- to 6-ounce skinless flounder filets
1/2 teaspoon sea salt
Generous pinch freshly ground black pepper
1/4 cup all-purpose flour
4 tablespoons butter, divided
1 tablespoon chopped fresh parsley
2 tablespoons freshly squeezed lemon juice

Season each filet on both sides with salt and pepper. Dredge both sides of each filet in the flour and gently pat off the excess. Melt 2 tablespoons of butter in a medium sauté pan set over medium heat. Add the fish filets and cook until golden, approximately 2 to 3 minutes per side. Remove the filets to a plate, cover with foil and set aside to keep warm.

Carefully wipe the sauté pan clean and return to medium heat. Add the remaining 2 tablespoons of butter to the pan and cook until the butter begins to turn lightly brown and smell nutty, add the lemon juice and the parsley, whisk to combine, remove from the heat and pour the sauce over the flounder and serve immediately.

