

FLOUNDER MEUNIÈRE

Season 1: Episode 1

with Daphne Bennink of the
Back Porch Restaurant



SERVES 3 to 4

INGREDIENTS

3 to 4 flounder fillets (approx 1.5#)
olive oil
1.5 cup all purpose flour
salt and pepper
6 Tablespoons unsalted butter
juice of 1 lemon
1/2 cup dry white wine
2 Tablespoons capers
1/2 cup chopped fresh tomato
1/4 cup chopped fresh parsley

- 1.** Season flour generously with salt and pepper and combine well. Heat skillet over high heat while dredging fish fillets in seasoned flour. If skillet can not accommodate all of the fish fillets comfortably cook fish in batches.
- 2.** Add enough olive oil to skillet to coat pan and prevent fish from sticking. Add 2 Tablespoons butter to skillet then add fish flesh side down. Turn fillets about 2/3 way through cook time. Fish is fully cooked when it flakes through to skin.
- 3.** Remove fish from pan and add remaining butter, tomatoes, lemon juice, white wine and capers. Cook until tomatoes soften and sauce thickens.
- 4.** Spoon sauce over plated fish fillets and garnish with chopped fresh parsley.

Bon appetit!