FLOUNDER MEUNIÈRE

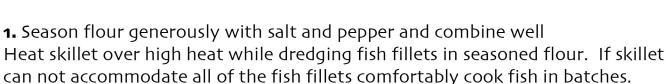
Season 1: Episode 1

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



- 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!



