

# FLOUNDER RECIPES

## **GREAT Parmesan Baked Flounder**

2 LB Flounder fillets

½ C Flour

½ C Cornmeal

½ t Salt

1/8 t Pepper

4 T Butter or margarine melted

½ C Grated Parmesan cheese

Thaw fish if frozen. Preheat oven to 450° F. Combine cornmeal, flour and seasonings. Coat fillets in flour mixture. Pour in a baking dish and a bake at 450° F for 8 to 10 minutes or until fillets flake easily with fork.

Serves six to eight

## **GREAT Crab-stuffed Flounder Rolls**

2 LB Flounder fillets

¼ C Onions chopped

1 stick Margarine or butter

1 can Mushrooms chopped and drained, liquid reserved

8 oz can Crabmeat drained and chopped

½ C Saltine cracker crumbs

2 T Parsley

3 T Flour

1 C Milk

1/3 C Dry white wine

1 C Shredded Swiss cheese

½ t Paprika

¼ t Pepper

Thaw fish if frozen. Preheat oven to 450° F. Sauté onions in ½ of the margarine until tender. Add crabmeat, crackers, mushrooms, salt and pepper; spread evenly over fillets. Roll fillets. Secure with a toothpick and place seam down in baking dish. Melt remaining margarine in saucepan, stir in flour until smooth and set aside. Add milk and mushroom juice to make 1 ½ C. Stir slowly into flour mixture, and then add wine until smooth. Stir over medium heat until liquid bubbles and thickens. Pour over fish rolls and bake at 400° F for 20 to 25 minutes. Sprinkle with cheese and paprika and bake 5 more minutes until cheese is melted.

Serves six to eight

### **GREAT Golden Coconut Flounder**

2 LB Flounder fillets  
½ C Flaked coconut (baking coconut)  
1 bunch Fresh parsley  
1 Egg beaten with 1t water  
1 C Corn flakes  
Salt and pepper to taste  
1/3 C Oil for frying  
Lemon for garnish

Thaw fish if frozen. Blend coconut and parsley in a food processor until finely chopped. Add cornflakes to mixture until well blended. Mix in salt and pepper by hand. In a separate dish, beat egg and dredge fillets, then pat with crumb mixture. Heat oil in heavy skillet over medium heat. Add fillets and fry on both sides until golden crisp.

Serves eight

### **GREAT Flounder Almandine**

2 LB flounder fillets  
1 Egg beaten with 1t water  
1 C Flour  
Salt and pepper to taste (substitute any seasoning)  
¼ C Butter or margarine  
¼ C Blanched almonds sliced  
1 ½ T Lemon juice  
Oil for frying

Thaw fish if frozen. Toast almonds in broiler until golden brown and set aside. Season flour however you choose. Dredge fillets in beaten egg and pat into seasoned flour. Heat oil in skillet and fry fish on both sides until golden brown, approximately 10 minutes. Heat butter in a separate skillet until butter begins to brown – DO NOT BURN. Stir in almonds and lemon juice. Season to taste and spoon over fillets.

Serves six to eight.

### **GREAT Lemon Dill Sauce**

1 stick Butter or margarine melted  
1 T Fresh onion grated  
½ t Lemon-pepper salt  
3 T Fresh squeezed lemon juice  
1 t Fresh chopped dill weed  
Simmer 5 minutes and serve with your favorite fillets