

ROBERT'S FLOUNDER

Ingredients:

11 flounder fillets (or halibut fillets or sole fillets)
2 cups flour, seasoned with salt and pepper
10 tbsp butter
10 tbsp garlic butter (recipe below)
10 tbsp lemon juice
3 avocados, cut into wedges
1¼ cups dry white wine
5 cups heavy whipping cream
3 tomatoes, cut into wedges
5 green onions, chopped
5 tsp dill weed

Directions

Dredge the fillets in seasoned flour and sauté in the butter for approximately two minutes per side, until they are golden brown. Set aside.

In a skillet combine garlic butter, lemon juice, avocado, white wine and cream. Cook stirring until reduced to a thick cream. Add tomato, green onion, dill weed and stir well.

Remove from heat. Serve over fillet.

Favorite recipes from Seafood & Spaghetti Works - Port Aransas, Texas

Garlic Butter Recipe

Ingredients:

2 sticks unsalted butter, at room temperature
1/4 cup finely chopped garlic
Salt
Freshly ground white pepper

Directions:

In a mixing bowl, combine all of the ingredients together. Mix well. Season with salt and pepper. Store the butter in either ramekins or form into a log and wrap in plastic wrap until ready to use. The butter can be used in various combinations for meat, fish or vegetables.