

FLOUNDER STUFFED WITH CRABMEAT & SCOLLOPS
with LEMON BEURRE BLANC

Ingredients:

Stuffing:

2 Shallots, minced

2 Scallions, minced

1 oz butter

1½ tbsp flour

8 oz white wine

8 oz heavy cream

½ lb crabmeat

½ lb scallops

4 oz dry white wine

1 tbsp parsley, chopped

Salt & pepper to taste

Fish:

12 Flounder fillets

2 tbsp flour

½ tsp salt & pepper

½ tbsp lemon zest

4 eggs, beaten

3 cups Panko breadcrumbs, crushed

Lemon Beurre Blanc 10 oz:

1 tbsp shallots, minced

1 1/2 oz lemon juice

1 1/2 oz cider vinegar

4 oz heavy cream

¾ lb softened butter

Salt & pepper to taste

Preparation:

To make Lemon Beurre Blanc:

1. Reduce the cream by half
2. Combine shallots, wine, lemon juice, and vinegar. Reduce until nearly dry.
3. Add reduced heavy cream and continue to reduce slightly.
4. Gradually whisk in the butter.
5. Adjust seasoning with salt & pepper.
6. Lemon zest may be added for additional color and texture.

To make stuffing:

1. Sauté shallots & scallions in butter, add flour, cook one minute.
2. Add wine, cream, and crabmeat/scallops (coarsely chopped), bring to a boil, and cook until mixture is thick, stirring occasionally.
3. Add parsley, season.

To prepare Flounder:

Spread stuffing on flounder, skin side down, and roll up, completely encasing the filling with seam down.

Dip in beaten eggs, and roll in Panko crumbs.

Coat baking dish with butter, bake at 375 degrees for 25 to 30 minutes.

Serve with Lemon Beurre Blanc on top.