

Yellowtail Flounder *à la meunière*



The Yellowtail Flounder (*Limanda ferruginea*) is delicious but small - each fillet weighs but a few ounces. Why not cook this little flatfish like a sole?

- 1 whole Yellowtail Flounder, cut “meunière style” - headed, finned, tailed, skinned, and gutted (leaving the roe intact)
- Salt and pepper to taste
- A few tablespoons all-purpose flour
- Good olive oil or clarified butter
- 2 tablespoons butter
- A tablespoon or so of chopped flat-leaf parsley
- A few slices of lemon
- 1 clove garlic, crushed

Pat the flounder dry and season generously with salt and pepper. Dust the entire fish with flour, then shake off the excess.

Heat the olive oil or clarified butter in a non-stick pan over medium-high heat. Gently slide the fish into the pan, and let it cook for about 5-6 minutes per side (for a brighter tasting dish, add the crushed garlic to the pan at this point). Flip the fish only once during cooking, after each side has taken color (because the cut is bone-in, it is relatively sturdy, so flipping is foolproof). After the fish has cooked completely on both sides, remove the fish to a paper towel and pat dry. Place the fish on a serving dish.

Turn the heat up and add the butter to the pan, letting it cook until it starts to toast. Squeeze two lemon slices into the pan, check the seasoning, and pour the sauce over the fish. Garnish with parsley.

Serve with a salad, pasta, bread, steamed potatoes, or a bunch of vegetables.