

CRAB STUFFED FLOUNDER

F MEDIUM

Last Modified: 10/21/2014

PREP: 1 Hr
COOK: 30 Min
OVEN: 350

SEAFOOD

MAKES 2 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	8 - 10 Oz	Fresh Flounder Fillets	Skin On
OR ANY OTHER			
2	8 - 10 Oz	Large Firm White Lean Fish Fillets	Skin On
		(Orange Roughy, Catfish, Sole, Etc.)	
1	Medium	Colored Bell Pepper (Seeded)	Fine Diced
3	Stalks	Green Onion (Greens Only)	Sliced
1	Clove	Garlic	Minced
1	Tbsp	Fresh Italian Parsley Leaves	Chopped
1/2	Pound	Fresh Crab Claw Meat	Drained
1/2	Pound	Fresh Lump Crab Meat (NOT Claw)	Drained
OR IF FRESH IS NOT AVAILABLE			
1/2	Pound	Refrigerated Crab Claw Meat	
1/2	Pound	Refrigerated Jumbo Lump Crab Meat	
1 1/2	Tbsp	Unsalted Butter	
1	Large	Egg	,
1/8	Tsp	Cayenne Pepper	
1/8	Tsp	Garlic Powder	
3	Tbsp	Heavy Cream	
1 1/2	Tbsp	Yellow Mustard (Heinz)	
2	Tbsp	Mayonnaise (Hellmann's)	
8	2" x 2"	Saltine Crackers	Crushed
1	Tsp	Lemon Juice	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
1 +/-	Pinches	Sweet Hungarian Paprika	(Garnish)
2	Pats	Recipe: Compound Butter - Crab Compound Butter	

PREPARATION

FACTOID	The Flounder Fillet MUST have the skin attached so it remains in one piece for serving. Remember, in Flounder Fillets the top skin side is dark and the bottom skin side is nearly white.
TOOLS	1) Medium Mixing Bowl 2) 9" x 13" Glass Baking Dish 3) Large Stainless Steel Skillet & Lid
PREP	DISH 1) Mince the Garlic Clove and set it aside. 2) Slice the Green Onion greens and set them aside. 3) Finely Dice the Sweet Pepper and add it on top of the Green Onions. 5) Chop the Parsley Leaves and add them on top of the Green Onions.

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FACTOID	Orange Roughy are an extreme deep water Fish that is very long lived. Their long life lends them to pick up sea water borne pollutants. They have recently become unpopular.
1	Reserve 2 ounces of the Crab Claw Meat to make the Recipe for Crab Compound Butter.
2	Place the Crackers in a zip lock bag, squeeze out the air, seal and roll them with a rolling pin to crush.
3	In a large skillet over medium heat, melt the Butter and lightly saute the Bell Pepper and Garlic until softened (NOT mushy). Add in the Green Onions and Parsley and mix well, Remove from the heat and set the mixture aside. Do NOT allow the Butter get hot enough to brown in this step.
4	Place the Fillet on a cutting board, skin side down and using your thumbnail, open up the center muscle separation line down the entire length to the skin (See Last Picture to see the line). Using a sharp knife, slice the Meat away from the skin on each side of the line from head to tail (careful to NOT cut through the skin), so it will form a pocket in the center of the Fillet. Spray a 9 inch x 13 inch glass baking dish with non-stick cooking spray and place each Fillet inside, skin side down, folding open the pocket.
5	In a medium mixing bowl, thoroughly combine the Egg, Cayenne Pepper, Garlic Powder, Cream, Mustard, Mayonnaise and Lemon Juice together. Stir in the crushed Crackers, the reserved Bell Pepper mix and the Crab Claw Meat. Lastly, gently fold in the Lump Crab Meat so as not to break apart the chunks.
6	Place 1/4 of the Crab Stuffing inside the pocket of each Fillet and fold up the pocket sides to keep the Stuffing from falling away. Pat the remaining 1/4 of the Stuffing on top of the first.
7	Preheat the oven to 350 degrees with a rack just above the center of the oven. Bake the Flounder Fillets uncovered for 20 minutes. At the end of the 20 minutes, change the oven to the Broil setting and broil the Fillets for an additional 5 minutes, or until the Stuffing is lightly browned.
8	Remove the pan from the Broiler, arrange each Fillet on a heated serving plate and place a tablespoon (or so) of the Crab Compound Butter on top to melt.
SERVE	Place each Fillet on an individual heated serving dish and serve immediately with appropriate side dishes.

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