

PAN-FRIED FLOUNDER

with Lemon and Brown Butter

SERVES 4

This dish can also be made with trout or bass. Adapted from *Real Cajun: Rustic Home Cooking from Donald Link's Louisiana* by Chef Donald Link and used with permission by Herbsaint.

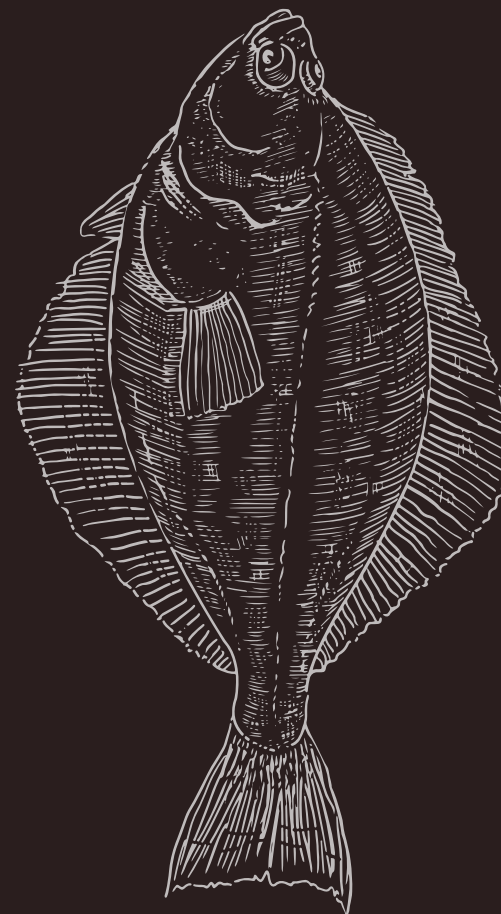
INGREDIENTS

4 6-oz fillets
Salt, to taste
Ground black pepper, to taste
Cayenne pepper, to taste
3 tbsp all-purpose flour
3 tbsp olive oil
6 tbsp unsalted butter
Juice of 1 lemon
1 tsp capers (optional)
2 tbsp chopped fresh parsley

PREPARATION

Be sure to use a large pan for cooking the fillets. When cooking delicate white fish, it's very important that they have plenty of room in the pan and that you cook them over high heat. Take the fish out when it's about 75 percent done, and it will continue to cook with the residual heat and be perfectly moist.

1. Lightly season the fillets with salt, pepper, and cayenne and sprinkle on both sides with flour.
2. Heat the olive oil in a large cast-iron skillet or another large sauté pan over high heat.
3. Sear the fish for 2 to 3 minutes, until lightly golden brown on each side, then transfer the fish to a serving plate.
4. Use paper towels to carefully wipe out any residual grease from the skillet, and return skillet to the heat.
5. Keep it on the heat a little more, then add the butter and let it sizzle and turn brown (this will take about 30 seconds).
6. When the butter turns a nutty brown, add the lemon juice, capers, and parsley. Swirl the skillet to combine the ingredients and remove from the heat.
7. Serve the fish on warmed plates, with equal portions of the browned butter spooned over the top.



HERBSAINT
BAR AND RESTAURANT

701 St. Charles Ave.
New Orleans, LA 70130
herbsaint.com

Chef Donald Link's Herbsaint Bar and Restaurant, established in 2000 on historic St. Charles Avenue, is the flagship of the Link Restaurant Group. Chef de Cuisine Tyler Spreen works closely with local farmers and fishermen, offering contemporary, seasonal French-Southern cuisine with elements of rustic Italian cooking. An eclectic wine list and a knowledgeable staff make for perfect pairings. The restaurant earned Chef Link a James Beard Award for Best Chef South in 2007 and is consistently recognized both in New Orleans and throughout the United States.

Photos by Frank Relle Gallery
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FLOUNDER FACT

Southern flounder have non-ocellated spots covering their bodies in an irregular pattern, while other flounder have more prominent, ocellated (eye-like) spots in a distinct pattern near their tails.

FLOUNDER

The common species of flounder caught in Louisiana is southern flounder. This mild white fish has a flaky texture and slight sweetness. It can be found throughout Louisiana waters, from the Mississippi River, almost 100 miles away from the Gulf of Mexico, to the saltwater along our coastline. Flounder are born with eyes on both sides of their heads, but one eye begins to move over to join the other eye as they mature. The eyeless bottom of the flounder lightens while the top gets darker. Living on the river bottoms or seafloors, they camouflage due to special cells that help them blend in with their surroundings, enabling them to easily ambush their prey.