

DINO'S FLOUNDER

SERVES 4

“If I ever open a restaurant, this is the dish I will serve.”

- DINO

INGREDIENTS

4 flounder fillets, washed and patted dry

Olive oil to taste/coat bottom of dish

Paul Prudhome Meat Magic® seasoning,
to taste

2 lemons

Fresh parsley chopped, to taste

8 tbsp unsalted butter

Optional: Crabmeat, to taste

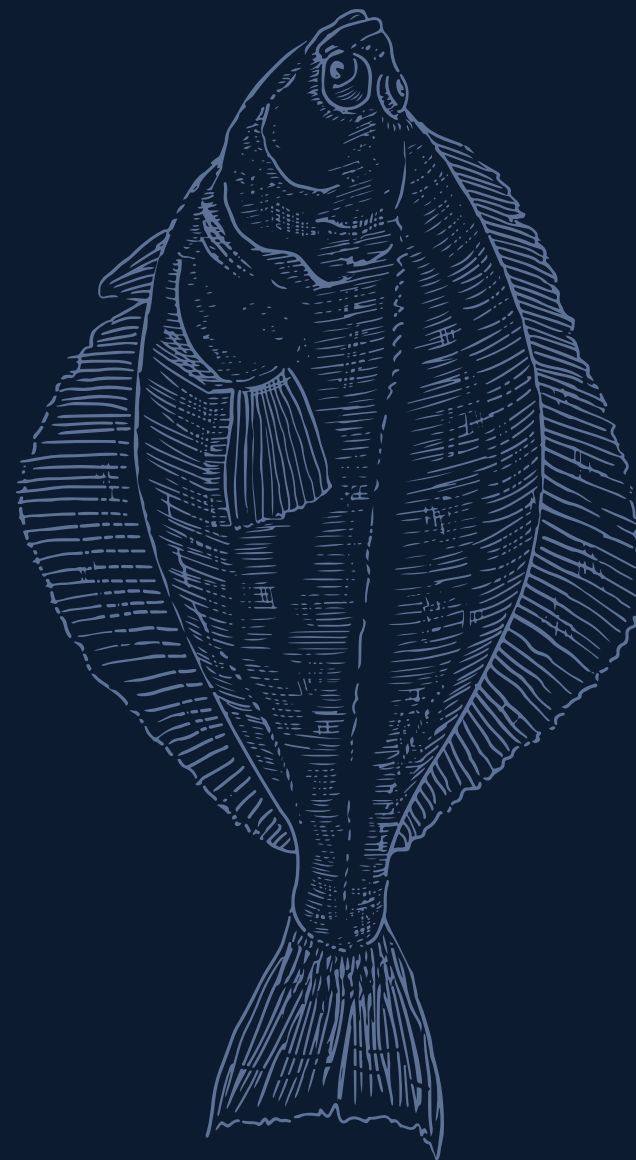
PREPARATION

1. Preheat oven to 350 F°.
2. Coat bottom of 9x13 baking dish with olive oil.
3. Coat flounder fillets on both sides with olive oil from dish.
4. Sprinkle the Meat Magic® seasoning on one side.
5. Squeeze one lemon over all fillets.
6. Slice the other lemon into thin slices and lay on top of the fillets.
7. Garnish with some of the parsley.
8. Cut stick of butter into tiny cubes, then place around fillets in bottom of dish.
9. Bake uncovered for 35 minutes, until crispy. Do not flip the fillets.
10. Serve with your choice of sides, and garnish with more parsley.

Dino's Notes

Three minutes before taking out of the oven, add some crab meat to top so it has time to get a little warm.

If you make white beans, use one tbsp of the oil/butter mixture from cooking the fish to serve over your white beans.



Dino Pertuit

*Photos by Frank Relle Gallery
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FLOUNDER FACT

When flounder are born, they are bilaterally symmetrical and swim near the top of the water. Within a few days they begin leaning to one side, and one eye begins migrating to join the other.

FLOUNDER

There has been a decline in southern flounder over the past few years. In 2022, the Louisiana Department of Wildlife and Fisheries Commission implemented a closed season from October 15 – November 30, which stipulated that any flounder caught during this time could not be kept. There is also an ongoing recreational fishing limit of 10 flounder per person per day. These measures were taken to help increase the numbers of spawning-age females. However, another factor in the decline is warming waters. A 2019 study by a group of researchers out of North Carolina State noted that warmer waters at the start of a flounder's life after it hatches can impact its development, causing more flounder to develop as males. There are many factors to consider if we want to continue seeing flounder on our tables.