

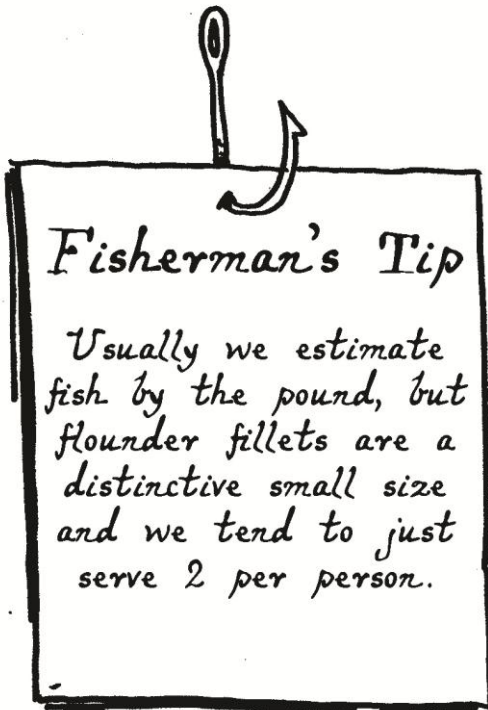
Flounder

Francese

-Bob's way

*Flaky fish, wilted spinach
and restaurant-grade, rich
lemon wine sauce - at home!
This dish is 'fancy,' but
really easy and fast!*

*"I'm strong to the finish
cause I eats my spinach -
I'm Popeye the Sailor
Man!"*



The Catch

8-10 Flounder fillets
(about 2 per eater)

The Groceries

Laura Blackwell

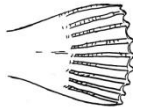
1/4 cup flour, seasoned with
salt and pepper
2 eggs, beaten
2 Tablespoons canola oil
2 lemons, one thinly sliced,
one squeezed for juice
zest of one lemon
1 cup white wine
1 Tablespoon cornstarch
2 Tablespoons water
2 Tablespoons capers, drained
1 pound baby spinach

The How To

- WASH your fish and PAT DRY with a paper towel.
- PREPARE two shallow bowls for dredging. The first should contain flour seasoned with salt, pepper and the zest from one of the lemons. The second should have two beaten eggs.
- BOIL two cups of water in a large pot with steamer basket inside.
- PREHEAT oven to 250°F.
- HEAT canola oil in a sauté pan over medium-high heat.
- DREDGE fillets in the flour, SHAKE off excess and DIP into the egg.
- PLACE immediately into your hot oiled pan and COOK until golden brown on one side, approximately 2-3 minutes. DO NOT DISTURB fish while cooking, so the coating gets crispy.
- TURN the fillet carefully and BROWN the other side in the same way, without disturbing the fish after turning.
- TRANSFER fillets from the pan to a large oven-proof platter. STORE in oven to keep warm while you sauté your remaining fillets.

When all fillets have been sautéed and are warming in the oven...

- DROP spinach into steaming pot with steamer basket and cover.
- ADD the juice of 1 lemon and white wine to the pan you have been sautéing the fish in, over medium heat. SCRAPE up the crusty bits off the bottom of the pan. COOK until it starts to bubble.
- MAKE a slurry with 1 tablespoon cornstarch and 2 tablespoons water. STIR slurry into sauce, as well as capers and lemon slices.
- CONTINUE to cook for about a minute or until sauce begins to thicken slightly.
- REMOVE from heat.
- CHECK on your spinach. If it appears to be cooking unevenly, TOSS it with tongs to expose the raw leaves to the steam.
- PLATE your meal. Using tongs, PLACE a serving of spinach in the center of each plate. TOP the spinach with two fillets perpendicular to each other and slightly overlapping. SPOON sauce over the fish and spinach. GARNISH with a cooked lemon slice. SERVE immediately.



Yield: Dinner for 4. Estimate 2-3 fillets per eater (less than ½ pound).

Kitchen Time: 25 minutes.

In Season: Year-round.