

## **Pan Seared Alaskan Flounder with Lemon Cream Sauce**

(Yield: 2)

### Ingredients:

2 tbs olive oil

2 flounder fillets

½ c AP flour

1 tsp Old Bay Seasoning

2 tbs olive oil

1/3 cup heavy cream

2 garlic cloves, minced

3 tbsp lemon juice

2 tbsp butter

2 tbsp. capers

Salt and pepper to taste

### Directions:

Pat fillets dry with a paper towel. Heat sauté pan over med heat, add 2 tbs, olive oil. Season AP flour with Old Bay Seasoning salt and pepper. Lightly coat each fillet in flour, shake off any excess flour. Sauté on one side for about 3-4 minutes, carefully using a slotted spatula, turn fish over to cook on other side, until cooked through. When fish is cooked through, remove the fillets to a platter.

In a small non-stick saucepan, bring cream and garlic to a simmer. Remove from heat and whisk in lemon juice and butter until the butter is melted, stir in capers. Season to taste with salt and pepper. Plate fillet and serve sauce over fish.

