



Flounder with Blue Crab Stuffing

Ingredients

- 1 4-pound Florida flounder
- 1/4 cup vegetable oil

Preparation

Remove scales, head and viscera from flounder. Rinse then cut flounder, using a sharp knife, lengthways down the middle of its dark side. The cut should be as deep as the back bone will allow. Tilt knife sideways and cut horizontally along each side of the backbone to make two pockets. Place fish on an oiled baking pan and loosely fill both pockets with Blue Crab Stuffing, see recipe below. Brush flounder with oil, making sure the fins are well coated. Bake in a preheated 350-degree F oven for 30 to 40 minutes or until the fish flakes easily.

Blue Crab Stuffing

- 1 pound Florida blue crab meat
- 1/2 cup Florida onion, chopped
- 1 cup Florida celery, chopped
- 1 Florida green bell pepper, chopped
- 2 cloves Florida garlic, minced
- 1 cup butter
- 2 cups soft bread crumbs
- 3 Florida eggs, beaten
- 1 tablespoon fresh Florida parsley, chopped
- 1/2 teaspoon pepper

Preparation

Remove pieces of shell or cartilage from crab meat. Cook onion, celery, green pepper and garlic in butter until tender, but not brown. Add remaining ingredients; mix well. Stuffing for six 3/4-pound flounder or one 4-pound flounder.

Yield

6 servings



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