

GOURMET FISHING

Season III - Episode XI



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Imperial Crab Stuffed Flounder with Steamed Broccoli



Host, Chef & Guide, David Murray





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Grocery List

Imperial Crab Stuffed Flounder & Steamed Broccoli

| | |
|--------------------|----------------------------|
| Lump Crab Meat | Long Leaf Parsley |
| Sour Cream | Fresh Thyme Leaves |
| Egg | Pepper |
| Dijon Mustard | Sharp White Vermont |
| Lemon Juice | 8 Flounder Fillets |
| Lime Juice | 2 lbs Broccoli Crowns |
| Zest of 1/2 citrus | Vegetable or Chicken Broth |
| Cajun Spice | Powdered Beef Bouillon |
| Shallots | |



Imperial Crab Stuffed Flounder Ingredients

Imperial Crab Sauce & Stuffing



Serves 4

| | |
|---|---------------------------------------|
| 1 lbs Crab Meat | 1 Tbs Shallots, minced |
| 1/3 cup sour cream | 1 Tbs chopped Long Leaf Parsley |
| 1 egg | 2 tsp Fresh Thyme Leaves, chopped |
| 1 Tbs Dijon Mustard | Pepper, taste |
| 2 Tbs lemon juice or 1 Tbs lemon and 1 Tbs Lime | 1/2 cup extremely sharp White Vermont |
| Zest of 1/2 citrus | 8 Flounder Fillets |
| 2 tsp Cajun Seasoning | Paprika, optional |

In a bowl, combine the sour cream, egg, mustard, citrus juice, zest, spice, herbs, and pepper. Mix to a smooth consistency.

Rinse the crab meat.

Fold in the cheese and gently fold in the lump crab meat without breaking the lumps.

Imperial Crab Stuffed Flounder

Place a flounder fillet in the bottom of a small oven-safe dish. Top the fillet with a quarter of the imperial crab stuffing. Next, we will need to slice a second fillet into two pieces. Slice down the natural line on the fillet. Place a fillet half on each side of the stuffing. You may sprinkle a little paprika to add a little color if you desire.

Place the stuffed flounder dish into a pre-heated 3500F oven and bake for about 18 to 20 minutes. You would like to have the internal temperature of the carb to be at least 1650F.

Be careful removing the dish from the oven. It's hot. Top the flounder with some lime and lemon zest if desired and serve with steamed broccoli and citrus wedges.

Imperial Crab Stuffed Flounder



Steamed Broccoli



Serves 4

- 2 lbs Broccoli Crowns
- Vegetable Stock/Broth or Chicken Stock/Broth
- 3 Sprigs Fresh Thyme
- 1-2 Sprigs Fresh Long Leaf Parsley
- 2 TBS Powdered Beef Bouillon
- 2 TBS Fresh Lemon or Lime Juice
(or 1 TBS Lemon and 1 TBS Lime Juice)

Place the stock or broth in a pot large enough to hold the steamer basket or metal colander. The liquid level should be just under the basket and about an inch deep. Add about 3 sprigs of fresh thyme to the liquid, and then add 1 to 2 sprigs of the fresh long leaf parsley. Roughly chop the parsley. Add a hefty pinch of course black pepper.

Bring to a boil. Add the broccoli crown to the steamer basket and then squeeze about 2 tbs of fresh lemon or lime or a combination of both juices on top of the broccoli. Next, sprinkle 2 tbs of the powdered beef bouillon on top the crowns.

Steam until the broccoli is to the doneness you like. Start out at about 5 minutes and taste test for

Imperial Crab Stuffed Flounder



Gourmet Fishing



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