

Flounder, Haitian

Coastal Living Jan/Feb 2004

6 6-oz flounder fillets (works very well with tilapia)
3 Tbls fresh lime juice
½ tsp salt
3 Tbls chopped fresh parsley
¼ cup butter
¼ cup olive oil
8 garlic cloves, minced
1 large onion, finely chopped
2 jalapeno or serrano chili, chopped
6 tomatoes, seeded and chopped
2/3 cup fresh orange juice
½ tsp salt
¼ tsp freshly ground black pepper

Garnish: Chopped fresh parsley
Serve with hot jasmine rice

Place fillets in a shallow dish. Sprinkle evenly with lime juice, ½ tsp salt, and 3 Tbls chopped fresh parsley.

Melt butter over medium-high heat in a skillet large enough to hold all fillets; add olive oil. Add onion and chili; sauté. Add garlic. Sauté 3 minutes or until soft.

Add tomato, orange juice, remaining ½ tsp salt, and pepper. Bring to a boil.

Add fish fillets; reduce heat to medium, and simmer, uncovered, about 10 minutes or until fish flakes with a fork.

Place fish on serving plates; spoon sauce evenly over fillets. Garnish, if desired.

Serve with jasmine rice and lime wedges. 6 servings