



Citrus Flounder

Submitted by Neil Patrick Hudson

Ingredients:

- 2 Pieces of flounder
- 1 Blood orange segmented and juiced
- 1 Myer lemon zest and juice
- 1.5 tablespoons minced capers
- 2 tablespoons chopped parsley
- ½ stick of butter, cubed
- Salt & pepper to taste

Method:

Heat sauté pan on high heat with vegetable oil until hot

Season fish with salt and pepper

Pan sear fish 2 minutes on side, flip and sear 1 minute on the other

Place fish on warmed plates

In another small pan heat butter until almost melted

Add capers, citrus and parsley, swirl until the sauce comes together and pour over fish.

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