FLOUNDER FRANÇAISE
EXECUTIVE CHEF JASON HALL
LEGASEA NYC

Ingredients:

- 4 (6-ounce) flounder fillets
- 2 tablespoons all-purpose flour
- 6 eggs, scrambled + 1 cup milk
- 2 teaspoons clarified butter
- 1/3 cup dry white wine
- 2 tablespoons fresh lemon juice
- 1 tablespoon drained capers, chopped
- 2 tablespoons butter
- 1/2 teaspoon salt, divided
- 1/4 teaspoon black pepper, divided
- 4 cups fresh baby spinach

*Ingredients available seasonally at your neighborhood Greenmarket

Instructions:

1. Sprinkle fish with 1/4 teaspoon salt and remaining 1/8 teaspoon pepper. Dredge fish in flour seasoned with remained salt and pepper, then dredge immediately in the egg/milk mixture.

2. Heat clarified butter in a large nonstick skillet over medium-high heat. Add fish to pan; cook 1 1/2 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.

3. Add wine, juice, and capers to pan; cook 1 minute. Add butter to pan, stirring until butter melts. Remove fish and sauce from pan; keep warm. Wipe pan clean with a paper towel. Add spinach to pan; sauté 1 minute or until wilted. Place 1/2 cup spinach onto each of 4 plates. Top with 1 fillet, and 1 tablespoon sauce per plate.