

## PAN-FRIED WHOLE FLOUNDER



### RECIPE

Prepare the fresh flounder in advance by descaling the fish and removing the head and innards.

#### Step 1:

Score both sides of fish with 'X' pattern cuts that are about one inch apart. Drizzle fish with avocado oil, enough to coat the entire fish (front and back). Mix flour and breadcrumbs on a separate plate. Dredge the fish in the mixture, coating both sides. Add spices or seasoning at this stage depending on your taste.

#### Step 2:

Pour avocado oil into 12-inch cast iron skillet and put on medium heat. Once the oil is sizzling when you drop in bread crumbs, carefully place fish in skillet. Cover and cook for about 3 minutes.

#### Step 3:

Use two spatulas to carefully flip the flounder over (DO NOT flip the fish toward you). Cover the fish once again and cook for another three to four minutes.

#### Step 4:

Once a butter knife can smoothly poke through the fish, it's fully cooked. Place on a plate, serve, and enjoy!

### INGREDIENTS

1 whole flounder, fresh

1.5 cups flour

1.5 cups panko bread crumbs (plain)

Seasoning of choice

3/4 cup Avocado Oil

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