

# *Wine & Dine with Jeff*

## **Shrimp Stuffed Flounder**











Shrimp Stuffed Flounder Pairing with Remy  
Pannier Sancerre 2018



## **INGREDIENTS**

 1lb of Flounder filets must be 4 pieces

 8oz of raw shrimp shelled and deveined

	3 tablespoons of olive oil
	5 large cloves of garlic minced around 2 tablespoons
	2 tablespoons of parmesan cheese
	3 tablespoons of Italian bread crumbs
	3 tablespoons of fresh basil
	3 tablespoons of butter
	1 lemon
	Salt and Pepper to taste
	
	

## DIRECTIONS

1. This is a family favorite for many years. I love to entertain with this dinner and it always gets rave reviews every time I serve it. I want to share how easy and fast this is to prepare. If you can not find flounder at your local grocery store you can always sub in dover sole, trout or branzino. Any thin mild white fish will work in this recipe. You want to start by cleaning you shrimp removing the shells and veins and cutting the shrimp into bite size pieces. A great tip is since we are cutting the shrimp into bite size pieces don't buy the jump colossal shrimp buy the small size shrimp to save money. We are using a top fish filet and bottom fish filet in each portion and stuffing the shrimp in the middle of both filets. What I like to do is trim the top and bottom of the flounder so they are even for a beautiful presentation. Do not throw out the

trimmings we will cook them with the shrimp. Preheat the oven to 375 degrees.

2. Add 3 tablespoons of olive oil In a sauté on medium high heat when the oil begins to shimmer add the garlic and move the garlic around in the pan this will prevent the garlic from burning and turning bitter. You only want to cook the garlic for 1 minute if you see the garlic turning brown turn the heat down on the stovetop to medium. After 1 minute add the bite size pieces of shrimp and flounder you trimmed off stir to combine with garlic and olive oil. Add salt and pepper at this time and cook for around 3 minutes until the shrimp turns to opaque white with some pink and bright red accents do not overcook shrimp they turn chewy.

3. Right before the shrimp is almost cooked all the way through squeeze in the juice of half a lemon about 2 tablespoons and add breadcrumbs, parmesan cheese and 1 tablespoon of butter. Let the butter melt through the shrimp filling mixture is should slowing start to clump together like a stuffing or filling mix. Turn off the burner because you don't want to overcook the shrimp and mix in the fresh basil and set aside. Its a great time to taste test the shrimp stuffing to see if it needs and more salt and pepper.

4. Next it's time to assemble the fish filets. Place 1 teaspoon of olive oil on the bottom of a casserole baking dish. Place the bottom layer of the fish filet on the baking dish and salt and pepper each

filet then scoop the shrimp stuffing onto each fish filet press down to firm up the stuffing with each fish filet. Place the second fish filet on top of the shrimp stuffing and salt and pepper each fish filet. Take the other half of the lemon and squeeze the juice on top of both stuffed fish filets and sprinkle each top with the remaining 1 tablespoon of breadcrumbs. Place 1 tablespoon of butter on top of each fish filet.

**5.** Place in the oven at 375 degrees and cook for 25 minutes or until the fish filets are cooked all the way through. This rich and delicious stuffed flounder can be paired with so many different side dishes. I love to pair it with a fresh arugula salad with a lemon vinaigrette dressing. It also goes great with some rich and silky mash potatoes and your favorite vegetable. I hope this becomes your next family favorite.