

## *Flounder Encrusted with Caramelized Onion*

*Yield: 2 six-ounce portions*

- 2 6-ounce flounder fillets, skinless
- 1 cup onion, small diced
- 3 cloves garlic, minced
- 3 tablespoons vegetable oil
- ½ cup dry vermouth
- ½ ea. lemon
- 1 tablespoon butter
- 1 cup flour
- 1 teaspoon salt
- 1 teaspoon black pepper

Mix salt, black pepper and flour together. Heat sauté pan on high heat. Add oil to pan. Add onions and garlic to pan and sauté until the onions are translucent. Dredge the flounder fillets in the seasoned flour. Lay the flounder fillets on the sautéed onions and cook on high heat for two minutes. Use a spatula and turn the fillets once, being careful not to scrape the caramelized onions from the fillets. Cook for one minute. Deglaze the pan with the vermouth. Immediately squeeze the lemon over the fillet. Immediately add the butter and let cook on high heat for one minute before serving.

If using skin-on fillets, use white side of fish. To reduce calories, make these changes: Omit the oil and sauté onions and garlic in pan spray. Omit the flour. Season fish with salt and pepper, and apply to sautéed onions. Omit the butter.

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[www.vims.edu/adv/seafood](http://www.vims.edu/adv/seafood)*

