

Flounder Stuffed With Crabmeat

Serves 4

Ingredients

4 large flounder filets
1 lb fresh crab meat
2 cups of nonfat half and half
2 Italian anchovy in water
Fresh basil (half cup)
Black pepper to taste
2 cloves of garlic
1 tbs butter
2 tbs flour
1 tbs extra virgin olive oil

Preparation

Sautee anchovy filets in oil until dissolved.
Add butter and flour and make a roux. Set aside and take off heat.
Combine basil, garlic and half and half in food processor or Magic Bullet.
Add to roux mixture and simmer for about 5 minutes.
Roll crab meat onto Flounder filets and secure with tooth picks. Brush tops with EVOO and bake at 350 for about 20 minutes.
Top with half and half mixture.
Add sea salt and black pepper to taste.



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