



Broiled Whole Flounder

By Tread

Photo by Tread

Prep Time: 10 mins

Total Time: 15 mins

Serves: 4, Yield: 1 Fish

INGREDIENTS

1 whole flounder 2-3 pounds

1/4 cup butter

1 lemon

1 tablespoon Worcestershire sauce

2 garlic cloves, minced

2 teaspoons black pepper

1 teaspoon salt

DIRECTIONS

Heat broiler on high.

Score the fish in two or three spots on the dark side.

Melt butter and Worcestershire sauce with juice from half a lemon and garlic.

Rub fish down with salt and pepper on both sides, depending on the size of your fish you might need more or less salt and pepper.

Put fish under the broiler for 3 minutes.

Slide the fish out of the broiler and paint it with butter and garlic sauce every minute or so until the fish is done. I follow this rule: if you can stick a toothpick into the widest part of the fish, then place the toothpick to your lips and the toothpick is warm, your fish is done.

When fish is done drizzle with the juice from the other half of your lemon.

I like putting the whole fish on the table and let everybody dig in.

ENJOY!