



Oven Roasted Flounder with Caramelised Butter


HAWKE'S BAY
FOOD & WINE COUNTRY

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BY JAMES BECK

This is a really simple dish, that's also a bit of a showstopper. The guys from Better Fishing will gut the fish for you, all you have to do is trim the fins and pop it in the oven! You can either use one small 400g(ish) sized flounder per person, or go large and use a bigger fish to serve a few more.

INGREDIENTS

- 1 flounder fins trimmed
- 200g butter
- 3 shallots
- 50g capers
- 2 lemons
- Handful of dill
- Nasturtium leaves and flowers to garnish (optional)

METHOD

1. Place the butter in a pot over medium heat and cook, whisking occasionally until the butter starts to burn and give off a delicious nutty smell. Remove from the heat.
2. Slice one lemon and the shallots into thick wedges and place in the bottom of a roasting tray along with the dill and capers.
3. Season the flounder well on both sides with salt and place white skin side down on the shallots and lemon. Slice the second lemon thinly and place along the top of the fish.
4. Pour the hot, browned butter over the fish and roast in an oven at 180° until cooked (between 15 and 30 minutes depending on the size of the flounder). You can test that the flounder is cooked by gently pressing a knife through to the spine.

TO SERVE

1. Carefully lift the flounder onto a serving platter.
2. Strain the butter sauce from the roasting dish. It's a bit finicky, but I like to rescue as many capers as I can to put back into the sauce as well (you can add fresh capers but it's not quite the same!).
3. Pour a little of the sauce over the fish and serve the rest in a small jug.
4. Garnish the fish with some fresh dill and nasturtium.