



# Greenmarket Recipe Series

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## FLOUNDER FRANÇAISE

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LEGASEA NYC


### Ingredients:

- \*4 (6-ounce) flounder fillets
- \*2 tablespoons all-purpose flour
- \*6 eggs, scrambled + 1 cup milk
- \*2 teaspoons clarified butter
- \*1/3 cup dry white wine
- 2 tablespoons fresh lemon juice
- 1 tablespoon drained capers, chopped
- \*2 tablespoons butter
- \*1/2 teaspoon salt, divided
- 1/4 teaspoon black pepper, divided
- \*4 cups fresh baby spinach

*\* Ingredients available seasonally at your neighborhood Greenmarket*

### Instructions:

1. Sprinkle fish with 1/4 teaspoon salt and remaining 1/8 teaspoon pepper. Dredge fish in flour seasoned with remained salt and pepper, then dredge immediately in the egg/milk mixture.
2. Heat clarified butter in a large nonstick skillet over medium-high heat. Add fish to pan; cook 1 1/2 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
3. Add wine, juice, and capers to pan; cook 1 minute. Add butter to pan, stirring until butter melts. Remove fish and sauce from pan; keep warm. Wipe pan clean with a paper towel. Add spinach to pan; sauté 1 minute or until wilted. Place 1/2 cup spinach onto each of 4 plates. Top with 1 fillet, and 1 tablespoon sauce per plate.



For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit [www.growNYC.org](http://www.growNYC.org).

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