



FOX RUN VINEYARDS

Crab Stuffed Flounder with Lemon Butter Sauce

12 Flounder filets – 6oz. filets
1 lb. crabmeat
¼ cup diced red onion
¼ cup diced green and red peppers
1 cup mayonnaise
3 Tbsp. Dijon mustard
1 egg
2 cups unseasoned breadcrumbs
Salt & pepper to taste

Preheat oven to 350 degrees.

Mix crabmeat, onion, peppers, mayo, mustard, egg, breadcrumbs, salt and pepper together. Add 2oz. of crab mixture to each 6oz. filet of flounder, skin side up and roll. Place in a roasting pan. Season flounder with salt, pepper, paprika and parsley to taste and bake for 20-30 minutes.

Lemon Butter Sauce

½ cup Arctic Fox wine
1 cup heavy cream
½ lb. butter
½ lemon -juiced

Reduce white wine until almost gone. Add 1 cup heavy cream and reduce until heavy cream thickens. Add ½ lb. butter a little at a time to heavy cream, stirring constantly. Once butter is all in the sauce, add the lemon juice and stir in. Place fish on platter and top with sauce.

Enjoy with Fox Run Vineyards Arctic Fox!

Recipe provided by Fox Run Vineyards Executive Chef Frank Caravita