

# **Broiled Stuffed Flounder Fillets**

by Greg Hebert

## **Ingredients:**

3 slices bread  
¼ cup chopped onions  
3 tbsp chopped celery  
2 tbsp chopped green pepper  
1 clove garlic minced  
2 tbsp butter  
¾ lb lump crabmeat, flaked  
3 tbsp fresh chopped parsley  
1 tbsp chopped pimiento  
1 tsp hot sauce  
6 flounder fillets  
Basting sauce  
Cajun seasoning to taste

## **Instructions:**

Place bread in a small bowl and cover with water. Set aside.

Sauté onion, celery, green pepper, and garlic in butter in a large skillet until onions are clear. Add crabmeat, parsley, pimiento, hot sauce, Cajun seasoning, and stir well.

Drain bread and squeeze excess water out then add to crab mixture stirring until blended. Cover and simmer over low heat for 10 minutes stirring once.

Place 3 fillets on a large broiler pan and add crab mixture evenly between all 3 fillets. Top with remaining fillets and secure with tooth picks. Broil 6 inches from broiler flame for 7 minutes on each side or until fish flakes easily. Baste with sauce frequently while broiling. Transfer to platter and serve immediately.

## **Basting Sauce:**

½ cup melted butter  
¼ cup chopped parsley  
¼ cup lemon juice  
2 clove minced garlic  
Combine all ingredients and stir until mixed well.