



Flamin' Cherry Flounder

This recipe is: Hot! Hot! Hot! Especially if you have a big or open kitchen, this one is the perfect way to light up your next dinner party and dazzle your guests. Break out your flame retardant apron and get ready to amaze. The prep couldn't be simpler: Marinate the flounder in teriyaki and grenadine, add salt, pepper, cinnamon, ginger and cloves, then sauté in a pan for two-three minutes per side until opaque and done in the center. Now for the fun part! Pour the cherry brandy into the pan (carefully) and, when the fumes rise, lean way back and light with a long-handled lighter. Let the brandy burn out to caramelize the fish. If the cherry brandy is too sweet for you, try using Kirschwasser (also made from cherries, but less sugary) instead. For the less adventurous, you can finish the dish with a torch instead of a conflagration. For a more sophisticated presentation, you can slice the flounder into bite-sized pieces before cooking.

INGREDIENTS

- 2 fresh flounder fillets
- 1/4 c teriyaki sauce
- 1/4 c grenadine
- 1/2 cup of cherry brandy
- 1/2 tsp coarse sea salt
- 1/2 tsp pepper
- 1/4 tsp cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp crushed red pepper
- dash ground cloves
- 2 tsp apricot jam
- 2 tbslp olive oil

METHOD

Pour all of the teriyaki and grenadine over the fish. Then add half of all the spices (except the cloves) you are using, over the fish. Let fish marinate by sitting in room temp for about a half hour.

Turn the fish over and top the other side with the remaining spices (except the cloves).

Smear both sides with the apricot jam. Add the dash of cloves.

Heat pan on stove and add olive oil until it is almost smoking.

Place filets (or slices) in pan and cook about 3 minutes on each side until opaque and done in the center.

Pour the brandy into the pan carefully so it doesn't ignite prematurely. Be extra cautious if you're using a gas stove or open flame.

When the fumes rise, lean back and use a long-handled lighter to ignite the brandy. Let it burn out while it caramelizes the coating on the fish.

Alternatively, you can use a kitchen torch to caramelize the fish before serving.

Lighthouse Seafood is a family business, owned and operated by Tim, Heather and Danny O'Leary. They have supplied Central Florida restaurants and residents with prime seafood for more than a decade. Their commitment is to always have only the freshest seafood for your table.