

Mississippi Gulf Flounder breaded and baked in an almond crust.

TIME

45 minutes

SERVES

4

SEASON

spring, summer, fall, winter

METHOD

bake

INGREDIENTS

- 4 each 5-6 oz Mississippi Gulf flounder fillets
- 1 each egg
- 3/4 cup milk
- 3/4 cup Italian breadcrumbs
- 3 Tbsp butter
- 3/4 cup almonds
- 3 Tbsp lemon juice
- salt, to taste
- pepper, to taste

DIRECTIONS

1. Preheat oven to 300 degrees.
2. Salt and pepper the fillets.
3. Add milk to egg, and beat.
4. Dip fillets in the egg mixture, then dredge in breadcrumbs.
5. Place fillets in buttered baking dish.
6. Bake 15 minutes.
7. Melt butter in pan with almonds until golden.
8. Remove from heat and add lemon juice.
9. Pour mixture over fillets and bake another 10 minutes.

Serving Suggestion: Great with mashed potatoes and green beans.