

Flounder With Brown Butter, Lemon and Tarragon

By David Tanis

Time 20 minutes

Rating ★ ★ ★ ★ ★ (569)



Karsten Moran for The New York Times

The flatfish family is comprised of numerous popular fish, including sole, halibut and flounder. But all the various boneless fillets are relatively interchangeable and can be prepared in more or less the same way, adjusting cooking time according to size. These pan-cooked fillets are quick, simple and elegant.

INGREDIENTS

Yield: 4 servings

1 cup all-purpose flour

Salt and pepper

Pinch of cayenne

1 tablespoon olive oil

4 flounder fillets of equal size, 6 to 8 ounces each

3 tablespoons cold unsalted butter, cut into chunks

1 tablespoon lemon juice

2 tablespoons roughly chopped parsley

1 teaspoon roughly chopped tarragon

A few tarragon leaves, for garnish

Lemon wedges

PREPARATION

Step 1

Put flour in a low bowl or pie plate and stir in a generous amount of salt and pepper and a pinch of cayenne.

Step 2

Place a large cast-iron skillet over medium-high heat. Add olive oil and tilt pan to coat bottom.

Step 3

Season the fillets lightly with salt and pepper. Dip each fillet quickly into flour mixture, shaking off excess flour.

Step 4

Lay fillets in skillet in one layer. Cook for about 2 minutes per side, until golden. Transfer cooked fish to a warm platter.

Step 5

Leave the heat at medium-high and add cold butter. Let butter sizzle until foamy and brown, but do not let it burn. Add lemon juice, parsley and chopped tarragon and swirl to incorporate.

Step 6