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# *Sauteed Flounder With Orange-Shallot Sauce*

★ **Prep Time:** 10 mins

★ **Cook Time:** 20 mins

★ **Total Time:** 30 mins

## ★ **Ingredients**

- 1/3 cup(s) flour, all-purpose
- 1/2 teaspoon salt, or to taste
- pepper, black ground, to taste
- 1 pounds fish, flounder, or sole or haddock, fillets
- 1 tablespoon oil, olive, extra virgin
- 1 large shallot(s), finely chopped, (about 1/3 cup)
- 1/2 cup(s) wine, dry white
- 1 cup(s) orange juice, fresh squeezed
- 2 teaspoon mustard, Dijon, (heaping teaspoons)
- 2 teaspoon butter
- 2 tablespoon parsley, fresh, chopped



## ★ **Preparation**

1. Mix flour, salt and pepper in a shallow dish. Thoroughly dredge fish fillets in the mixture.
2. Heat oil in a large nonstick skillet over medium-high heat until shimmering but not smoking (see Tip). Add the fish and cook until lightly browned and just opaque in the center, 3 to 4 minutes per side. Transfer to a plate and cover loosely with foil.
3. Add shallot to the pan and cook over medium-high heat, stirring often, until softened and beginning to brown, about 3 minutes. Add wine and bring to a simmer, scraping up any browned bits. Cook until most of the liquid has evaporated, 1 to 2 minutes.
4. Add orange juice and mustard; bring to a boil. Reduce heat to low and simmer until the sauce thickens a bit, about 5 minutes. Add butter and parsley; stir until the butter has melted. Transfer fish to individual plates, top with sauce and serve.