



*Chef
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COASTAL CONSERVATION ASSOCIATION

presents

GROSSE SAVANNE LODGE'S REDFISH MEUNIÈRE

Ingredients

- 1 egg (lightly beaten)
- 1/4 c milk
- 1/2 c all-purpose flour
- 1/2 tsp salt
- 1/2 tsp ground red pepper
- 4 redfish fillets
- **fresh caught at Grosse Savanne Lodge*
- 1/2 c butter
- 1/4 c vegetable oil
- 2 tbsp fresh parsley (chopped)
- 2 tbsp lemon juice
- 2-3 dashes Worcestershire sauce
- 1/2 tsp capers

Preparation

1. Combine egg and milk in a large shallow bowl
2. Combine flour, salt and pepper in a shallow dish
3. Dip fish in egg mixture and dredge in flour mixture
4. Melt 1/4 cup butter in a large non-stick skillet over medium heat
5. Add oil; increase heat to medium-high
6. Place fish in skillet, cook 2-3 minutes per side or until fish flakes easily
7. Drain on paper towels
8. Melt remaining 1/4 cup butter in skillet
9. Stir in chopped parsley, lemon juice, Worcestershire sauce and capers
10. Spoon over fish
11. Garnish if desired