



GRILLED FLOUNDER WITH APPLE SALSA

2 flounder filets

1/4 cup clarified butter, with 1 Tbs. lemon juice added

1/2 cup favorite bbq rub

1/2 teaspoon cayenne pepper

Lemon wedges

Fresh mint sprigs

Brush both sides of the flounder lightly with the clarified butter then generously shake barbecue rub on the both sides of the filets, add a sprinkle of cayenne and let rest for 5 minutes.

Grill the flounder on a piece of sprayed aluminum foil on a hot grill. Place the filets on the foil and cook about 2 minutes and then turn over to cook briefly on the second side for approximately another 1-2 minutes.

The fish will cook very quickly. Be careful not to over cook it. Flesh should just start to flake and be moist.

Serve the flounder with the Apple salsa (below). Garnish with the lemon wedges and fresh herb sprigs.

Serves 4-6

