



NC Flounder Fillets Stuffed with NC Crab Meat

4 Flounder Fillets

Juice of 2 limes

1/2 teaspoon salt

1/4 teaspoon black pepper

1 Garlic Clove, finely minced

1 Shallot, finely chopped

1 tablespoon cilantro, finely chopped

1 cup Garland Fulcher's lump crab meat (1/2 pound)

1/4 cup of chicken stock

Season fish, skin side down, with lime juice, salt, black pepper, garlic, shallot and cilantro. Place 1/4 of the crab meat in center of fillet and roll into a log. Use a toothpick to hold together.

Place fish rolls in a shallow baking dish and add chicken stock. Cook uncovered for 20 minutes at 400 degrees until done.

Serves 4