

Our State eats

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Fried Flounder Sandwich

Yield: 4 servings.

FOR THE SAUCE:

- Juice of 1 lemon
- ½ cup mayonnaise
- ¼ small sweet onion, minced
(about 2 tablespoons)
- 1 tablespoon dill pickle relish
- 1 tablespoon dill pickle juice
- 2 teaspoons hot sauce
- Freshly ground black pepper
to taste

FOR THE FISH:

- 1½ pounds flounder, cut into
4 portions
- ½ cup all-purpose flour
- ½ cup self-rising cornmeal
- 2 teaspoons kosher salt, plus extra
- 2 tablespoons seafood seasoning
- 2 cups vegetable oil
- 4 hamburger or brioche buns,
lightly toasted
- 4 leaves butter lettuce
- 4 thick slices heirloom tomatoes

For the sauce: Combine all ingredients and season with black pepper. Refrigerate until ready to serve.

For the fish: Place a cooling rack over paper towels. Lightly season flounder with salt on both sides. Mix together flour, cornmeal, 2 teaspoons salt, and seafood seasoning in baking dish. Dip fish into flour mixture and press to coat.

In a large skillet, heat oil over medium-high. Add fish to hot skillet and cook in batches, depending on size of pan. Do not crowd skillet. Cook 3 to 5 minutes per side, or until fish is golden brown and flakes easily with a fork, turning once. Remove fish from skillet and place on cooling rack.

Spread sauce on both sides of bun and assemble sandwich.



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