

TIM FARMER'S COUNTRY KITCHEN

STRIPER W/ BALSAMIC SAUCE

Striper filets
Flour
Salt
Pepper
Oil

Heat thin layer of oil in pan to 325-340 degrees. Season flour with salt and pepper. Coat fish on all sides with flour, salt and pepper mixture.

Place in pan and sear on both sides until golden brown. Place on baking sheet and place in 325 degree oven until cooked through, white and flaky.



Balsamic Sauce

1 small shallot, chopped
1/2 stick butter
3 tablespoons citrus balsamic vinegar
1 tablespoon dijon mustard
1 tablespoon honey

In same pan you cooked fish, (remove some oil if there is too much) add shallots and butter and cook until soft. Stir in rest of ingredients with whisk until smooth. Cook over medium until it starts to bubble then reduce heat and simmer until smooth.

Crab meat

Top fish with crab meat and drizzle balsamic sauce over fish and serve.