



## Pan Fried Flounder with Estofado Almendrado

### Ingredients

- 6-8 flounder fillets, skinless and boneless (3-5 oz each)
- salt and pepper
- flour
- 3-4 tablespoon [Fustini's Robust SELECT olive oil](#)

### Estofado Almendrado

- 1 shallot, minced
- 2 garlic cloves, minced
- 1 tablespoon capers, chopped
- 1 tablespoon parsley, chopped
- 5 Roma tomatoes, halved, charred under broiler, skinned, seeded, chopped
- 3 tablespoon dry sherry
- 1 tablespoon [Fustini's Sherry Reserva vinegar](#)
- 2 tablespoons toasted sliced almonds plus more for garnish

### Directions

#### Step 1.

Season the fish with salt and pepper then dust in flour, shaking off all excess. Heat olive oil in large skillet over medium heat and just before oil begins to smoke, add flounder fillets. Fry fish on one side for 3-4 minutes. Carefully flip fish and cook another minute. Place fish on service plate, spoon some sauce over the top and garnish with more toasted almonds.

#### Step 2. Estofado Almendrado

Once fish comes out of the pan, add shallots, garlic, parsley and capers and cook 30 seconds off the heat. Add tomatoes, sherry and sherry vinegar and return to heat. Cook until most of the liquid is gone then add 2 tablespoons toasted almond slices. Cook and stir together.