

# Fluke Stuffed with Maryland Crab



**Serves 2-3**

## INGREDIENTS

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### For the Stuffed Fluke

- 1 pound fluke fillets 3-4 fillets
- 1 pound Maryland Lump or Jumbo Lump crab meat
- 1/4 teaspoon Peri Peri seasoning or substitute with Old Bay
- 1 teaspoon olive oil for greasing baking dish

### For the Peri Peri/Old Bay Cream Sauce

- 2 Tablespoons butter
- 2 Tablespoons flour
- 1 cup milk
- 1/4 teaspoon Peri Peri seasoning or Old Bay seasoning

### For Serving

- 4 servings Cooked pasta or rice
- 2 scallions thinly sliced for garnish

- 1 small handful fresh cilantro or parsley chopped for garnish

## **INSTRUCTIONS**

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### **For the Stuffed Fluke**

1. Preheat oven to 375 degrees. Rinse and pat dry fluke fillets. Equally divide crab and place at the end of each fluke fillet and gently roll. Place seam side down in a lightly greased baking dish. Sprinkle fluke with Peri Peri/Old Bay seasoning. Bake for 25 minutes.

### **For the Peri Peri/Old Bay Cream Sauce**

1. Melt butter in a saute pan over medium heat. Add flour, stirring constantly until bubbly. Whisk in milk, Peri Peri/Old Bay seasoning, and cook until sauce has thickened, whisking constantly. Remove from heat.

### **For Serving**

1. To serve, place the stuffed fluke on a bed of pasta or rice, spoon cream sauce over each fillet. Garnish with sliced scallions and chopped cilantro or parsley.