

Crab Stuffed Flounder

- 5 Slices Bacon
 - 1 Onion diced
 - ½ Red Pepper
 - ½ Yellow Pepper
 - ½ Green Pepper
 - 1 Stalk Celery
 - 2 Eggs
 - 1 ½ tsp. Old Bay Seasoning
 - ½ tsp. Everglades Heat
 - Bread or Buns- Break into small pieces equal to the amount of crab
 - ½ pound crab meat
- Salt and pepper to taste



1. Dice onions, peppers, celery.
Note: You can use any combination of red, yellow and green peppers. I like red and yellow because they add color.

- 2.** Cook the bacon. Remove and set aside. Sauté the diced onions, peppers and celery in the remaining bacon fat. Do not brown cook until just translucent. Set aside to cool.





3. In a separate bowl mix the bread, crab, eggs, Old Bay Seasoning, and Everglades Heat. Note bread and crab should be about equal amounts.



4. Add the onions, peppers and celery to the bread and crab mixture.



5. Prepare the flounder. Remove head, gills, and guts. Make a slice down the center of the fish then fillet out to the outer edge without cutting through the skin. Leaving the skin attached.



6. Stuff the flounder with the crab mixture, folding the sides of flounder up to hold the everything in.



7. Bake at 300 degrees for 25 minutes

Enjoy!!