

Carolina Treet® Flounder

1 bottle Carolina Treet (original cooking barbecue sauce/orange color)

1 bag House Autrey medium hot breader (hot is good too!)

Peanut oil

Flounder nuggets

- Wash the fish under cold running water and pat dry thoroughly with paper towels.
- Cut fillets into bite size pieces. Put in bowl.
- Heat peanut oil to 350 degrees (enough to cover fish).
- Add enough Carolina Treet sauce to completely cover fish nuggets.
- Once oil is hot, remove only a small batch of nuggets from Treet. Add to bowl of House Autrey, coat/bread and go directly into hot oil. The temperature drops each time fish is added so small batches are key (10-15 x nuggets per batch).
- Deep fry for 3-4 minutes until golden brown.
- Place layers of paper towels between each batch to soak up excess oil.

Captain's Tip

Before adding new batch, be sure that oil has heated back up to 350 degrees. Otherwise the fish will be soggy and oil soaked rather than crispy.

Captain's Choice

While the oil is hot, hush puppies compliment this dish perfectly! I recommend House Autrey hush puppy mix. Follow directions on bag. My wife makes me eat a salad with this one.....

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