Poached Summer Flounder Turbans with Asparagus, Plum Tomato & Mustard Chutney

**Ingredients**

4 fluke or other flounder fillets (cut in half)  
1 bunch asparagus  
6 plum tomatoes seeded & cut (diced small)  
1/4 cup sherry vinegar  
1/4 cup tarragon vinegar  
1/4 cup mustard seeds  
1/4 cup sugar  
1 bunch tarragon, fresh  
1 tsp. olive oil  
1 cup fish stock (you can substitute clam juice or vegetable stock)  
salt (to taste)  
pepper (to taste)

**Method**

Season fillets with salt and pepper and roll to shape into turbans. Bake in oven at 350°F with stock and fresh tarragon for approximately 10-15 minutes. Bring vinegars and sugar to a boil and reduce down to a syrup. Let cool slightly and add tomatoes, mustard seed and olive oil to create the chutney.

Arrange the turbans on a warm plate and spoon the chutney over the fish. Garnish with asparagus and fresh tarragon.

Serves 4. Preparation time 20 minutes. Recipe courtesy of Chef Blake Verity, Panama Hatte's of Huntington Station, NY.

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