

Flounder

Many different species of flounder are found in coastal and ocean waters along the Atlantic coast. Two of the most common flounder species in the Northeast are winter or blackback flounder and summer flounder or fluke. All flounder species have a similar body shape with both eyes on one side of the head (fluke's eyes are on the left side and winter flounder's are on the right side) that allows them to rest on the ocean bottom and look upward.

Summer flounder or fluke migrate offshore to deep ocean waters during the colder winter months. As the ocean temperature warms, they move inshore to shallower ocean waters and bays. Fluke are a favorite target for summer recreational saltwater anglers in New York, who in recent years have landed more fluke than the state's commercial fishermen. Fluke is most abundant in local retail markets and restaurants during the summer and during its seasonal migrations in the spring and fall.

The delicate flavor and texture of flounder make it very versatile and easy to prepare. Fluke and other flounder can be steamed, poached, baked, broiled, fried or cooked in the microwave oven. Flounder recipes can be as simple as mom's Friday night "fried flounder" or as elegant as our feature recipe created by a chef at one of Long Island's finest restaurants. For more information on handling recreational fish like flounder see the publication *Handling Your Catch*. For nutrition, food safety and preparation information check out *Seafood Savvy*. Both publications can be viewed in the "Seafood Technology" section of NYSG's Web site: www.seagrant.sunysb.edu/SeafoodTechnology

Courtesy of Ken Gall, NY Seafood Specialist

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

Ingredients

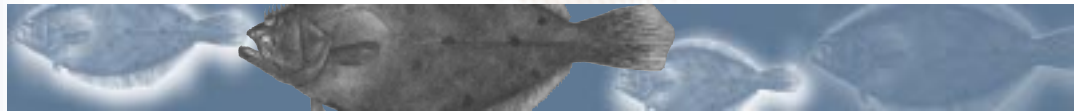
- 4 fluke or other flounder fillets (cut in half)
- 1 bunch asparagus
- 6 plum tomatoes seeded & cut (diced small)
- 1/4 cup sherry vinegar
- 1/4 cup tarragon vinegar
- 1/4 cup mustard seeds
- 1/4 cup sugar
- 1 bunch tarragon, fresh
- 1 tsp. olive oil
- 1 cup fish stock (you can substitute clam juice 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 Hattie's of Huntington Station, NY.



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