

Flounder with White Wine and Mushrooms

Recipe Cookbook: The Working Family's Cookbook

Prep Time: 20 minutes Cooking Time: 25 minutes

INGREDIENTS:

2 TBS Olive or vegetable oil	Butter or margarine
3/4 lb white mushrooms, thickly sliced	1/2 tsp dried thyme
Salt & freshly ground pepper, to taste	1 medium size clove garlic, chopped
1 large scallion, chopped	1/2 C dry white wine
1/4 C water	1 bay leaf
2 TBS chopped parsley	
1 1/2 - 2 lb skinned flounder fillet, each fillet halved lengthwise	

DIRECTIONS:

Heat oil + 1 TBS butter in large pan over medium heat. Add mushrooms and thyme - cook, stirring, till mushrooms release their juices. Sprinkle lightly with salt and simmer till the liquid has been reabsorbed and mushrooms are dry (5-10 minutes - cooking time will depend on size of pan). Add garlic and cook 2-3 minutes longer, taking care not to burn it. Season to taste with pepper.

Butter second frying pan large enough to hold the fish in 1 layer. Scatter the scallions over the pan. Score skin side of fillets (there's a white membrane on that side) in a few places to prevent fillets from curling. Hold fillets with scored side down. Fold the thin tail pieces under fillets to protect them from overcooking; if fillets are very thin, fold them completely in half. Arrange fillets in pan and sprinkle lightly with salt & pepper. Pour the wine and water into pan, add bay leaf and gently bring liquid to simmer over medium heat. Cover/poach very gently (fish will fall apart if cooked too vigorously) 5-10 minutes, depending on size of fillets, till fish is opaque at center.

Carefully remove fillets from liquid with a spatula and shake them over pan to drain as much as possible. Arrange on serving plate, cover and keep warm. Pour fish cooking liquid into pan with the mushrooms - add parsley. Bring to boil and boil for 2-3 minutes till liquid is reduced and thickened. Adjust seasonings and pour mushroom mixture over fish.

Serves: 4