

Flounder with White Wine and Mushroom

SOURCE: 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
1.5 - 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 liquid has been reabsorbed and mushrooms are dry (5-10 minutes - cooking time depends 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 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 wine + 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