

Flounder with Black Trumpet Mushroom & Beurre Blanc



(One flounder fillet per person)

Ingredients:

2 tablespoons (30 ml.) olive oil

Salt and ground black pepper to taste

3 sticks (24 tablespoons or 360 ml.) unsalted butter, chilled and sliced into thin pieces

2 tablespoons (30 ml.) finely chopped shallots

1/4 cup (60 ml.) dry white wine

1/4 cup (60 ml.) white wine vinegar

5 dried black trumpet mushrooms per fish fillet

1/4 (1.25 ml.) teaspoon salt

1/8 teaspoon (.625 ml.) ground white pepper

Directions:

Soak dried black trumpet mushrooms in 2-3 tablespoons (30-45 ml.) of very hot water. Preheat oven to 350°F (177°C). Coat an oven-safe baking dish with the olive oil.

Place flounder fillets in baking dish and lightly salt and pepper to taste.

Place in oven and bake for 10-15 minutes until golden and flaky.

While fish is baking, combine wine, white wine vinegar, shallots, salt, ground white pepper and the liquid from the soaking mushrooms into a non-reactive saucepan.

Bring to a boil and reduce heat to a simmer and reduce liquid until only about a tablespoon and a half remains.

Turn off the flame and immediately begin whisking one slice of butter at a time into the sauce until it melts. Do not stop the process once you begin or the butter may go out of suspension

and separate. Once all of the butter has been whisked into the sauce, add the rehydrated mushrooms and gently whisk in. By the time you are done whisking the last of the butter into sauce, the fish should be cooked. If the fish still needs cooking time, you can hold the sauce on the top of your stove without any flame underneath. The heat from your oven below the stovetop should be sufficient to keep the butter from solidifying.

Carefully remove the flounder fillets from the baking dish with two spatulas (they will be very delicate) and place them onto individual plates. Cover each piece with beurre blanc sauce and divide the mushrooms evenly between all of the servings.

A good side dish to accompany the fish would be boiled new potatoes and sautéed Brussels sprouts.

Because the sauce is so rich, I would recommend a very dry white wine with good acidity to balance this meal. A Pinot Gris with a strong mineral backbone like Left Coast Cellars Oregon Pinot Gris works nicely.

Stay tuned as Charles and I come up with other recipes for dried porcini, lobster, maitake and matsutake mushrooms from Marx Foods.