

# Chef Barton Seaver's Baked Fluke (Summer Flounder) With Ginger-Raisin Crust

*Makes 4 servings*

## Ingredients

2 ½ tablespoons butter  
¼ cup raisins, chopped into a paste  
3 tablespoons panko (Japanese-style bread crumbs)  
1 tablespoon peeled and grated fresh ginger  
2 teaspoons ground mace  
Grated zest of 1 orange  
4 pieces fluke fillet, about 5 ounces each

## Technique

Preheat the oven to 300 degrees.

For the coating, melt 2 tablespoons of the butter and combine it with the raisin paste in a small bowl. Add the panko, ginger, mace, and orange zest and mix well. You should have a thick, slightly sticky paste.

Pat the fluke as dry as possible, then press the breading paste into the top of the fish and gently massage it so that it sticks.

Heat a large, ovenproof sauté pan over medium-high heat. Melt the remaining ½ tablespoon butter in the pan, then place the fluke in the butter with the breading side down. Cook, without moving the fish, until the coating begins to brown around the edges, about 4 minutes. Transfer the whole pan into the oven and cook for 8 minutes, depending on the thickness of the fillets. This will ensure that the breading continues to cook evenly and becomes very crispy while protecting the fish and keeping it moist.

Once the fluke is done, it will begin to flake apart if slight pressure is applied to the side. Using a spatula, gently turn the fish out of the pan and onto the serving plates with the breaded side facing up.



## Chef Barton Seaver

Barton Seaver is a chef, author, and National Geographic Fellow. A graduate of the Culinary Institute of America and executive chef at some of the most celebrated restaurants in his native Washington, D.C., Chef Seaver has been honored as a “Seafood Champion” by the Seafood Choices Alliance and as “Rising Culinary Star of the Year” by the Restaurant Association of Metropolitan Washington. He was also named Esquire’s Chef of the Year in 2009. His first book, *For Cod & Country*, features healthful, planet-friendly recipes.



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# Summer Flounder From The Mid-Atlantic: REBUILT



Michael Eversmier

A prized catch for anglers from the coast of Maine to North Carolina and beloved for its lean white meat and subtle flavor, **summer flounder**, or **fluke**, is one of the most valuable fish populations in the mid-Atlantic region. After decades of overfishing and delayed conservation, fishery managers in 2000 finally took stronger steps to recover this commercially and recreationally important species because of the Magnuson-Stevens Fishery Conservation and Management Act's rebuilding requirement. Summer flounder are now thriving along the coast and supporting a steadily increasing fishing quota, which means more fish in the cooler and on menus.

Source: [www.fishwatch.gov](http://www.fishwatch.gov)



RECIPES FOR SUCCESS

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[www.PewEnvironment.org/usfish](http://www.PewEnvironment.org/usfish)