

# Chef Kerry Heffernan's Fluke (Summer Flounder) Crudo with Citrus

*Makes 4 appetizer-size servings*

## Ingredients

1 pound skinless fluke fillet  
Several pieces of skinned fluke fin (optional)  
1 Meyer lemon  
1 blood orange  
1 lime  
¼ cup best quality olive oil  
1 small bunch chives  
1 sprig fresh dill  
1 sprig tarragon  
1 sprig basil  
1 sprig Thai basil  
2 sprigs lemon verbena  
1 teaspoon chili flakes or 1 fresh hot chili, finely diced  
1 tablespoon sea salt  
1 cup cooked fiddlehead ferns (or cooked 1-inch asparagus pieces)

*Note: You may use just one citrus fruit or pieces of all three. Likewise, not all herbs need be used.*

## Technique

Slice the fish at 45 degrees, against the grain (sushi style) into pieces ¼ to ½ inch thick. Arrange slices attractively on 4 serving plates, then place in a freezer for 15 minutes.

Zest several strips of the citrus fruit (or fruits) you have chosen and set them aside. Remove the remaining citrus skin, separate into segments, then peel the membrane and remove the seeds.

Mince each of the chives, dill, tarragon, basil, and Thai basil separately. Remove lemon verbena leaves from stems. Then have fun by combining the fish and fiddleheads (or asparagus) with your own variety of citrus segments and zest, drizzles of olive oil, and sprinkles of herbs, chili, and salt. I would suggest beginning slowly to appreciate the taste and texture of this extraordinary fish, and then increased the combinations to suit your taste.



## Chef Kerry Heffernan

Kerry Heffernan is the executive chef of South Gate on Central Park South in New York. He attended the Culinary Institute of America and honed his skills at several restaurants, including Eleven Madison, which received the James Beard Foundation's Award for Outstanding Service in America and Wine Spectator's Award of Excellence, and was named Esquire's "Best New Restaurant." Chef Heffernan is also an avid saltwater fly fisherman.



**RECIPES FOR SUCCESS**

# 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)