

Sautéed Flounder

with Baby Root Vegetables & Brown Butter Tamarind Sauce

Butter is a pretty common ingredient in many recipes, but taking the extra step to brown it adds a whole new layer of flavor to your food. The brown color comes from caramelizing the milk solids in the butter, which creates a concentrated, nutty flavor. When combined with the tartness of tamarind, it makes a lovely, balanced sauce for seared flounder.



Ingredients

- 6 Baby Turnips
- 6 Ounces Fingerling Potatoes
- 1 Bunch Chives
- 1 Tablespoon Almonds
- 1 Tablespoon Pistachios
- 2 Flounder Fillets
- 4 Tablespoons Butter
- 1 Tablespoon Tamarind Concentrate
- ¼ Cup Rice Flour



Makes 2 Servings
About 600 Calories Per Serving

Instructions



Prepare your ingredients:

Preheat the oven to 425°F. Heat a large pot of salted water to boiling on high. Wash and dry the fresh produce. Peel the baby turnips, then cut them in half lengthwise. Cut the potatoes in half lengthwise. Cut the chives into 1-inch-long pieces at an angle. Roughly chop the almonds and pistachios.



Roast the potatoes:

Toss the **potatoes** with about **1 tablespoon of olive oil** and season with salt and pepper. Place the potatoes in a single layer on a sheet pan, cut-side down, and roast for 12 to 14 minutes, or until browned and tender when pierced with a fork.



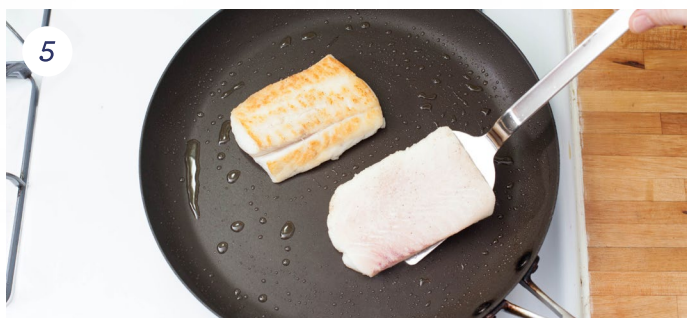
Cook the turnips:

Once the water is boiling, add the **turnips**. Cook for 4 to 6 minutes, or until tender when pierced with a fork. Drain thoroughly and set aside.



Toast the nuts:

While the vegetables cook, toast the nuts. In a dry pan, heat the **almonds** and **pistachios** on high for about 2 to 3 minutes, or until fragrant and lightly browned, stirring frequently. Transfer the nuts to a bowl and wipe out the pan. (Be careful as the almonds and pistachios can burn easily.)



Cook the flounder:

Pat the **flounder fillets** dry with a paper towel. Season both sides with salt and pepper and coat with a very thin layer of **rice flour** (shaking off the excess). In a medium pan, heat a couple teaspoons of olive oil on high until hot. Cook the **coated fillets** for 3 to 4 minutes per side, or until golden brown and cooked through. Transfer the cooked fillets to a paper-towel-lined plate and season with salt. Wipe out the pan.



Make the brown butter-tamarind sauce:

In a small bowl, combine the **tamarind concentrate** and $\frac{1}{4}$ **cup of water**. In the same pan, used to cook the fish, melt the **butter** on medium heat and cook until the butter is fragrant and a deep golden brown, stirring occasionally. (The butter will bubble, then the foam will subside.) Stir in the **diluted tamarind concentrate**. (Be careful as this may splatter.) Remove from the heat and season with salt and pepper to taste. Add the **cooked turnips**; season with salt and pepper and toss to coat. To plate your dish, divide the fish, roasted potatoes and baby turnips between 2 plates. Top with a couple spoonfuls of the brown butter-tamarind sauce and garnish with the **toasted almonds, pistachios, and remaining chives**. Enjoy!