

Steamed Flounder with Tomato Chutney

Recipe by: Chef Bill Idell

Yield: 6 servings

Ingredients:

For the tomato chutney:

¼ cup vegetable oil
1 tablespoon mustard seeds
½ cup onion, finely diced
1 tablespoon ginger root, peeled and minced
2 garlic cloves, peeled and minced
½ teaspoon jalapeno pepper, finely diced
8 cloves, whole
1 pound (about 6) Roma tomatoes, washed, cored, and coarsely chopped
1 cup rice wine vinegar
1 tablespoon coriander seeds, ground
1 cinnamon stick
3 teaspoons salt
½ cup brown sugar, light
1 tablespoon molasses

For the rice:

Saffron, pinch
3 cups water
1 teaspoon salt
1½ cups Basmati rice

For the spinach:

2 tablespoons safflower oil
2 teaspoons fresh ginger, grated
1 tablespoon sesame oil
2 pounds fresh spinach, stems removed

For the fish:

1 lemon, sliced in half
2 cups water
2 teaspoons kosher salt
1 teaspoon fresh ground black pepper
1½ pounds fresh Rhode Island flounder

Method of preparation:

1. Make the chutney by heating the oil and the mustard seeds in a small sauce pan over low heat until they begin to pop. Add the onions, ginger, garlic and jalapeno and cook until they are soft and translucent.

2. Add the remaining ingredients and cook over medium heat until the tomatoes are fully broken down, about 15 minutes.
3. Make the basmati rice by adding the saffron to 3 cups water along with 1 teaspoon salt. Bring this to a boil, stir vigorously to mix the saffron and then add the rice, stir again, turn down the heat to the lowest possible heat and cover, cook until all of the water has been absorbed by the rice, about 12 minutes.
4. For the spinach, sauté the ginger in the safflower oil in a large sauté over medium heat for about 30 seconds. Add $\frac{1}{4}$ of the spinach, season with salt, pepper and the sesame oil, place a small amount of water in the pan and cover with a lid, cook until it is just wilted. Repeat this same process with the rest of the spinach.
5. For the fish, place the lemon in the bottom of sauce pan with 2 cups of water. Bring the water to a boil and place a steaming basket over the lemon water.
6. Season the fish with salt and pepper and place it over the steaming basket, cook until it is firm about 5 minutes.
7. Serve the fish over the rice topped with the chutney with the spinach on the side.