

Ponzu Lacquered Summer Flounder served with Roasted Yukon Potatoes and Asparagus and Oyster Mushrooms

Serves: 4

Ingredients:

4- 6 oz. portions of Summer Flounder
1 cup flour seasoned with salt and pepper for dredging
12 oz. asparagus, trimmed
2 # Yukon Gold Potatoes (approximately 1 potato per person), sliced into ½ inch thick rounds
Corn Oil and/or olive oil for pan frying and roasting

Glaze:

3 oz. [Ponzu sauce](#)
5 oz. orange juice
4 oz. [Mirin](#)
1 slice of fresh ginger
1 Tbsp. sugar
4 oz. oyster mushrooms, pan fried
Once oyster mushrooms are pan fried, reduce heat to low and add in remaining ingredients. Allow to reduce slightly but watch closely or it can burn. Remove ginger, remove from heat and keep warm.

Method of Preparation:

Preheat oven to 450°F
Coat potatoes and asparagus in olive oil separately and season with kosher salt. Use two separate sheet pans; they will roast for different amounts of time.
Roast Potatoes for approximately 20 minutes or until golden brown.
Roast asparagus for 10-12 minutes until tips start to brown slightly and asparagus becomes limp.
While the potatoes and asparagus are roasting, prepare the glaze and set aside to keep warm.
For the flounder, dredge the fish in flour seasoned with salt and pepper. Pan fry in oil until lightly golden and cooked through. Finish in the oven if necessary.