Seared Rhode Island Fluke
with corn, purple potato & chili pepper ragout tomato vinaigrette

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INGREDIENTS:

1 piece of freshest fluke available, 5-6 ozs

2 ears worth of corn kernels

3 egg-sized purple peruvian potatoes
(any small, new potatoes will work) cut into 1/4 inch
diced and simmered in salted water until tender

2 jalapeno peppers, seeds and ribs removed, sliced
into thin half-moon shaped slivers

1 very ripe summer tomato or a handful of cherry
tomatoes, roughly chopped

Extra virgin olive oil

Butter

Kosher salt & cracked black pepper

PREPARATION:

- Place a medium-sized, heavy-bottomed pan over medium-high heat and add enough vegetable oil to just coat the bottom. Season the fish on both sides with salt. When the oil begins to shimmer (just before it smokes), gently place the fish in the pan. Turn the heat down to medium and let it cook, without touching it, until it begins to form a light brown crust around the edges (3-5 minutes).

- Meanwhile, place another medium saute pan over medium-high heat and add 1 teaspoon of vegetable oil. Just before it begins smoking add the jalapeno and cook, stirring occasionally for 1-2 minutes. Add the corn and cook for another 2-3 minutes.

- Finally, add the potatoes and season to taste with salt and pepper. Add a teaspoon or two of water at this point and set aside off of the heat. Place the tomatoes in a small bowl and season with salt and pepper and 2-3 tablespoons of olive oil.

- When the fish has begun browning around the edges, use a spatula and gently flip the fish over. Turn the heat to low and add 1 teaspoon of butter to the fish pan.

- Add another teaspoon of butter to the pan with the corn mixture and adjust seasoning. Warm the mixture through.

- Spoon some of the corn ragout on a plate, place the fish on top and finish with some of the tomato vinaigrette. Fresh herbs such as parsley, chives or basil are a great finishing touch at this point.