



## FLUKE WITH LEMON VINAIGRETTE

Makes 2 servings.

Easy, light, and delicious this fish is very much a summer dish when paired with corn and other seasonal vegetables.

### INGREDIENTS

- 2 skinless, boneless fluke fillets, about 6 ounces each

### LEMON VINAIGRETTE

- 1 tablespoon extra-virgin olive oil
- 2 tablespoons lemon juice
- ½ teaspoon Kosher salt
- ¼ teaspoon freshly ground pepper
- Leaves from 3 tarragon sprigs, finely chopped

### PREPARATION

1. Pat dry the fish with paper towels and season lightly with salt and pepper.
2. In a small bowl combine the vinaigrette ingredients.
3. Place the fish in a Ziploc bag and pour the vinaigrette over the fish.
4. Refrigerate for a few hours. Before broiling, bring the fish back to room temperature.
5. Preheat the broiler.
6. To save time cleaning up, I line the top of the broiler pan with heavy foil. Then I make a

shallow basket with a piece of heavy foil, crimping at the corners so that the juices do not spill out.

7. Place the fish with the vinaigrette on the foil.
8. Broil as close to the heat source as you can for 6 minutes, without turning.
9. The top will be lightly brown.