

## June 29<sup>th</sup> Cook a Fish Give a Fish Class with Chef Rizwan Ahmed

### Recipe: Baked Flounder with Panko Breadcrumbs

You will need one whole local flatfish (preferably fluke aka summer flounder but any local flounder such as grey sole, winter flounder or yellowtail flounder will be great)

**Ingredients:** Serves 2 (as a main course)

2 pounds whole fluke.  
1 ½ cups fresh cherry tomatoes, sliced in half.  
3 garlic cloves, roughly chopped.  
2 tbsp. capers.  
½ cup fresh parsley, roughly chopped.  
½ cup dry white wine.  
Salt and freshly ground pepper to taste.  
¾ cup panko breadcrumbs.  
¼ cup extra virgin olive oil.

1. Fillet fish as directed.
2. Lightly salt fillets and refrigerate for 20-30 minutes.
3. In a medium bowl, combine the tomatoes, garlic, capers, parsley and wine and let stand for 20-30 minutes.
4. Preheat the oven to 350F.
5. Season the fish with a little additional salt and pepper.
6. Place in a lightly oiled baking dish.
7. Spoon the marinade over the fish and top with panko breadcrumbs.
8. Drizzle with olive oil.
9. Bake for 20 to 25 minutes, until the fish is fork tender, the tomato topping dense and juicy, and the breadcrumbs golden.
10. Remove and serve immediately with your favorite sautéed vegetable.

#### Tools Needed:

- Sharp Knife you will use to filet fish (such as a fillet knife or chefs knife)
- An additional knife to slice cherry tomatoes and chop garlic and parsley (or you can wash and use your fish knife)
- Cutting Board (you may want two: one for fish, one for vegetables)
- Kitchen Scissors (if you have them)
- Medium mixing bowl
- Plate or tray to place fish fillets on to refrigerate
- Paper towels
- Baking sheet
- Liquid Measuring cup
- Dry ingredients measuring cups
- Measuring spoon or just a regular spoon
- Spatula for serving