



Flounder with Mushroom Tarragon Sauce

Stephanie Villani, adapted from her cookbook, "[The Fisherman's Wife](#)"

Ingredients

- 1 pound flounder fillets
- 3 tablespoons butter
- 3 tablespoons olive oil
- 1/4 cup minced shallots
- 1 large clove garlic, chopped
- 2 cups chopped mushrooms (any kind, or use a blend of baby bella, shiitake, or oyster mushrooms)
- salt and pepper to taste
- 1/2 cup white wine
- 1 tablespoon finely chopped tarragon
- 1/4 cup heavy cream

Directions

1. In a deep skillet, heat the butter and oil over medium heat while shaking the pan back and forth to integrate.
2. Add the shallots to the pan and cook until softened, stirring occasionally.
3. Add the garlic and cook for 1 minute, then add the mushrooms and cook for 6 to 9 minutes until they've released their water and softened. Add salt and pepper to taste.
4. Stir in the wine and simmer for 2 minutes.
5. Meanwhile, oil a non-stick skillet and cook the flounder fillets over medium heat, 2 minutes per side.
6. While the flounder fillets are cooking, turn the heat under the mushroom sauce to low. Stir in the tarragon and the cream.

7. When the sauce is heated thoroughly, distribute it over the flounder fillets and serve.