



FLASH-FRIED FLOUNDER WITH APRICOT GLAZE

- 1 (1 TO 1-1/2 POUND) FLOUNDER,
CLEANED AND HEAD REMOVED
- 1 CUP ALL-PURPOSE FLOUR
- SALT AND PEPPER TO TASTE
- 4 CUPS VEGETABLE OIL
- APRICOT GLAZE

Score both sides of the flounder into 1-inch diamonds. Season the flour with salt and pepper. Coat the fish with the flour mixture. Deep-fry in preheated 340-degree vegetable oil for 8 to 12 minutes or until the fish flakes easily; drain. Serve over rice and drizzle with Apricot Glaze. Serves 2

APRICOT GLAZE

- 1/4 CUP APRICOT JAM
- 2 TABLESPOONS RICE WINE VINEGAR
- 1 TABLESPOON CHOPPED GARLIC
- 1 TABLESPOON SOY SAUCE

Combine apricot jam, vinegar and garlic in a small saucepan. Cook until reduced by one-third. Stir in the soy sauce and simmer for 5 to 10 minutes or until the desired consistency is reached. Serves 2

