

FISH EN PAPILOTE

Ingredients:

- 4 small Yukon Gold or Dutch Yellow potatoes, cut into ½” slices
- 6-8 asparagus spears or small Brussels sprouts, halved or quartered lengthwise
- ½ cup thinly sliced shallots OR 3-4 thin bias sliced green onions AND/OR thinly sliced leeks
- ½ zucchini, julienned
- 1 stalk celery, thinly sliced
- ½ carrot, julienned
- 2-3 cloves garlic, thinly sliced
- extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- parchment paper
- 1 lb white fish, divided into 3-4 fillets – Lemon or Dover sole (add some lemon), snapper, hake, flounder
- grape tomatoes, red and yellow, cut in half lengthwise
- savory dried herbs, to sprinkle on top
- capers, drained
- 1 lemon, thinly sliced, seeds removed
- sprigs fresh thyme, 1 or 2 per fillet
- sprigs of fresh dill, 1 or 2 per fillet
- 4 pats butter
- 1/4 cup white wine

Directions:

Preheat oven to 400 degrees F.

Lightly oil the center of a Silpat mat or oiled foil set on a baking sheet. Lightly oil, salt and pepper the potato slices in a bowl, then scatter the potato slices in the baking sheet. Roast in the preheated oven for 10 minutes, turning once.

Bring a lightly salted pot of water to a boil, cook the asparagus or Brussels sprouts until slightly tender, about 5 minutes. Drain in a colander and immediately immerse in ice water until cold to stop the cooking process.

In a bowl, mix together the shallots, green onions, leek, zucchini, celery, carrot, and garlic.

Cut 18” long pieces of parchment, fold each in half to create a crease, open it back up and brush the edges with oil. Arrange the potato slices against the crease. Set the fish on top of the potatoes and then arrange the vegetables on top, dividing evenly. Season with salt and pepper, sprinkle with savory herbs, then top with 2 lemon slices, capers, 1-2 sprigs each of thyme and dill, a pat of butter.

Fold the parchment paper around the edges tightly in 1/4-inch folds to create a half moon shape. Make sure you press hard as you crimp and fold to seal the packets well. Just before the final fold, pour in two tablespoons white wine, then finish the seal with a double fold in the opposite direction at the end to keep it from unfolding. Seal entire edge by pressing with the bottom of a pot or pan.

Arrange the packets on a baking sheet and bake about 12-15 minutes for thinner fillets and 15-18 minutes for thicker fillets like sea bass and salmon. Remove from oven and let rest for 5 minutes before cutting open the parchment.

Note: Sealing the parchment is an important step. Here's a video that shows how to properly fold parchment.

https://youtu.be/vTuUf-MO_T0