



CHEAT SHEET

Cooking Fish En Papillote

En papillote is a French culinary technique for cooking individual servings of food inside of packets of tightly folded parchment paper. Cooking en papillote allows food to gently steam inside of a sealed environment, thus concentrating the flavors and containing the odors – perfect for fish. You can easily combine lighter, quick-cooking veggies and fresh herbs or pungents with the fish to create tasty little “one-packet” meals. As the servings are individual, the technique works equally well for just one or several servings.

Good veggie choices for fish en papillote include:

thinly sliced fennel, sweet or green onion, bell peppers, greens of all kinds, haricots vert, sundried tomatoes, cooked artichoke hearts, etc. You can also use thin slices of lemon, lime, orange or grapefruit.

Good fresh herbs include:

chives, thyme, parsley, dill, cilantro, etc.

For sauces, try:

lemon and olive oil, sweet teriyaki, mustard and dill, Cajun spices, hot sauce or harissa, Greek dressing, etc.

For combo ideas, think ethnic groupings of fish, veg and seasonings: Japanese, Italian, Greek, etc.

Cooking Technique:

Step 1: You'll need 1 6-ounce fish fillet and 1 cup of veggies per packet, per person. You can use any kind of skinned and deboned fish. Preheat the oven to 425°F. Prepare 1 large piece of parchment per packet: use the 15” rolls and cut a piece about 20” long. Fold the parchment in half widthwise. Open the parchment like a book.

Step 2: Arrange the veggies in a neat pile, just a bit longer and wider than your piece of fish, in the center of your “book”, just inside the “spine” (fold). Lay your fish fillet on top of the vegetables and season everything to taste with salt, pepper and herbs. Dress lightly with 1-2 tablespoons of any marinade you like or a simple combination of fresh-squeezed citrus juice and a good oil.

Step 3: Close the “book” by folding the other side of the parchment over the food. Starting at the top of the spine, pull the edges of the book together and fold them sharply over as one. Take the fold you made and make another fold over onto itself. Moving around the outside edge of your closed “book”, continue to make folds, sealing the book “covers” tightly together. When you reach the bottom, tuck the final fold underneath the packet so the weight of the food holds it securely down.

Step 4: Carefully transfer the packet to a baking sheet. Brush the packet top with olive oil to prevent scorching. Bake for about 10 minutes until parchment puffs up. Remove the baking sheet from the tray and carefully transfer each packet to a plate. Slit the packet open to serve, minding the hot steam.

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