

## HOW TO ASSEMBLE “FISH EN PAPILLOTE”

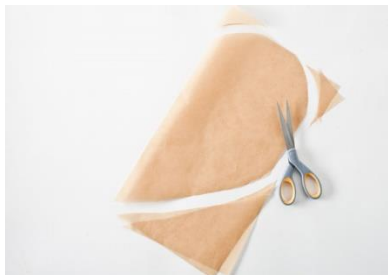
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Handout adapted and used with permission from [Bon Appetit](#).



1. Fold a 14×12” piece of parchment paper in half. (The technique also works for grilling; just substitute aluminum foil.) Using kitchen shears, cut the parchment into a heart shape.



2. Arrange vegetables and herbs on one side of the paper. Top with fish. Add olive oil and a splash of wine, juice and/or broth to keep the fish moist and create a sauce. Season with salt and pepper. Brush the edges of the paper with beaten egg white for a tighter seal, if desired.



3. Working from one end, begin tightly folding the open edge of the paper.



4. Continue folding the paper's open edge to form a seal. Transfer the packet to a baking sheet and bake. (If using foil, place directly on the grill.)