

FISH EN PAPILOTE with CITRUS SAUCE

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KITCHEN



Photo: Love + Craft Kitchen

“Fish en Papillote,” or fish curled or wrapped in paper, sounds complicated and a bit mysterious but is actually quite easy to do. All of the ingredients are assembled into paper packets, then baked at a medium-high heat so that they steam to perfection in about 15 - 20 minutes.

Lemon works well in place of the blood orange, if desired.

Each packet provides a single serving so it's a fun way to treat yourself and/or guests at dinner. If parchment paper is not available, use foil instead. For creating the parchment packets, either use rectangular pieces or cut heart shapes as directed following the recipe.

Servings: 2 (This recipe can easily be scaled up to provide additional servings.)

INGREDIENTS

Parchment paper or foil

Sauce:

2 tablespoons olive oil
1 1/2 tablespoons lemon juice or blood orange juice
1 tablespoon minced, fresh shallot
1 teaspoon minced, fresh garlic
1 teaspoon Dijon mustard
1/4 teaspoon dried thyme
1/4 teaspoon dried oregano
pinch kosher salt
pinch ground black pepper

Fish Packets:

12 asparagus spears, washed, patted dry, tough ends removed
1/2 yellow bell pepper, washed, patted dry, cored, thinly sliced
1/4 - 1/2 red onion, peeled, thinly sliced
2 (4-6 ounce) white fish fillets - such as halibut, sole, hake, flounder, cod, haddock, snapper
1/2 lemon or blood orange thinly sliced, seeds removed
kosher salt
ground black pepper

DIRECTIONS:

1. Preheat oven to 375° F. Prepare parchment paper or foil for packets.
2. PREPARE THE SAUCE - In a small mixing bowl, whisk together all of the sauce ingredients until fully combined and emulsified. Set aside.

3. ASSEMBLE PACKETS - For each of the packets, divide and layer the asparagus, bell pepper slices, and onion slices.

- If using parchment paper - arrange the ingredients in the center of one half of the packet so that the other half can be folded over the top when ready to seal.
- If using foil, arrange the ingredients in the center of the sheet so the ends can be brought up to the center when ready to seal.

Spoon half of the sauce over the vegetables in each of the packets.

Place the fish fillets on top of the vegetables. Top with slices of orange and spoon the remaining sauce over each fish fillet. Season each fish fillet lightly with a sprinkling of salt and pepper.

3. SEAL the packets - folding the edges tightly so steam does not escape, and leaving space in the middle over the ingredients to allow for the packet to “poof” or rise during cooking.

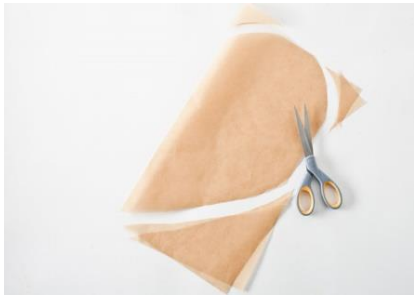
4. BAKE - Place packets on a baking sheet. Bake until the fish is cooked through, about 15 - 20 minutes depending on the thickness of the fish. Remove from oven.

5. SERVE

- Prepare a bed of bulgur or other whole grain on each plate - about 3/4 - 1 cup per serving, as desired.
- Cut each of the fish packets open one at a time and transfer to each plate using a sturdy spatula, setting ingredients on top of the bed of bulgur (or other whole grain). Drizzle any remaining juices over the top of the fish and vegetables on the plates.
- Serve immediately.

HEART SHAPED “FISH EN PAPILOTE”

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



1. Fold a 14”x12” 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. Overlap each of the folds to follow the curve of the heart shape.



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.)

RECTANGULAR SHAPED “FISH EN PAPILOTE”

From Reynolds Brands

<https://www.reynoldsbrands.com/tips/how-make-parchment-packet>



1. Gather sides of parchment, keeping ingredients toward the middle of the sheet.
2. Begin to fold down the paper from the top of the parchment until you reach about an inch from the ingredients. Leave this amount of space to allow the food to steam properly.
3. Tightly fold in the sides of the packet.
4. Crimp the edges tightly to ensure the packet closes fully.