

Halibut En Papillote

Serves 2

This is a fancy French name for one of the easiest fish preparations in the world. You put all the ingredients in a parchment or foil pouch, and bake it—done. This recipe is for parchment, but foil works similarly.

Ingredients

1 tsp.	salt
6-8 oz.	filet of halibut
¼ cup	julienned carrots
¼ cup	julienned celery
¼ cup	julienned onion
1 Tbsp.	white wine
1 Tbsp.	parsley or tarragon, fresh, minced
3 ea.	lemon, thin circular slices
1 Tbsp.	butter (2 pats)

Method

Oven Temperature: 570 to 600 degrees

- Salt the halibut all over.
- Cut a 12-in. circle of parchment. On one half, near the center, place the carrots, celery, onion, wine, and tarragon or parsley.
- Put the halibut on top, and place the butter, then the lemon slices on top of it.
- Fold the other half of the parchment circle over so you now have a half circle. Starting at a corner, fold the edges over on themselves until you have a neatly wrapped half circle package looking like an empanada.
- Place on a sizzle platter and cook in the raw landing zone until an instant read thermometer inserted into the middle of the fish registers 140 F. About 5-10 minutes



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