



Fish en Papillote

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Serves 4

Ingredients:

4 Mahi Mahi or Snapper Filets

2 Lemons sliced in thin rings.

2 Scallions (sliced) or fresh Dill

4 TBSP or pads of Butter

4 TBSP Dry White Wine

Sea Salt

Pepper

Parchment Paper



Directions:

Tear off 4 sheets of parchment paper about 18 inches long. Fold each sheet in half lengthwise. Draw half of a heart using the seam as the center of the heart and making the heart as large as possible on the paper. Cut out the heart.

Lightly salt and pepper both sides of the fish. Place a filet of fish on one half of each heart next to the seam. Top each filet with 3-4 slices of lemon, a TBSP of butter and several slices of scallion or 1-2 sprigs of fresh dill.

Start to roll up the parchment at the wide end of the heart, twisting the edges to create packets and sealing in the ingredients. Before sealing the tip, pour 1 TBSP of wine into each packet. Twist the end of the packet and place packets on a baking sheet. (I like to cover the baking sheet with foil for easy cleanup in case the seal on a packet isn't quite tight.) Place baking sheet in the oven and bake for about 12 minutes depending on the thickness of the filets. To serve, either put the packets on each plate, or open and remove the fish being sure to drizzle some of the cooking juices over the fish. Use caution when opening the packets as the steam will be hot.