

Fillet en Papillotte

Fish Williams-Sonoma book

Pp. 30-31

- 2 tablespoons fresh lime juice
- 1 green onion, including tender green parts, thinly sliced
- 2 cloves garlic, minced
- 1 small jalapeno chile, seeded and minced (HdeH Serrano pepper is perfect)
- Coarse salt and freshly ground pepper
- 4 halibut fillets, each 6-8 oz. and 1-inch thick, pin bones removed (HdeH salmon is perfect)
- 1 large carrot, peeled and coarsely grated
- 2 leeks, white and tender green parts, cut into fine julienne 3 inches long
- 2 celery stalks, cut into fine julienne 3 inches long
- 2 tablespoons chopped fresh flat-leaf parsley
- 4 tablespoons unsalted butter, melted, or olive oil
- 4 tablespoons dry white wine (HdeH vermouth)
- 1 egg white, lightly beaten



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1. Preheat oven to 425 F. Cut a 16-by-20 inch length of parchment paper and fold it in half lengthwise. Draw half a heart as large as the paper, beginning at the fold, and cut it out with scissors. Repeat to make 3 more hearts for a total of 4 servings..
2. In a small bowl, mix together the lime juice, green onion, garlic, jalapeno, and salt and pepper to taste. Sprinkle the fish with the lime juice mixture. In a medium bowl, mix together the carrot, leeks, celery, and parsley.
3. Spread a paper heart open. Sprinkle a few drops of melted butter in the center of the right-hand side of the heart. Lay 1 fish piece on the butter and place one-fourth of the vegetables on top. Sprinkle with salt and pepper to taste, more melted butter, and 1 tablespoon of the wine. Brush the inside edge of the paper heart shape with egg white.
4. Fold the paper over and press the edges together. Starting from the top of the heart, fold the edges over twice, working your way along the paper's edge to end with a twist at the bottom of the heart (tuck the twist underneath the packet). Repeat to make for each fish piece. Place the packages on a baking sheet.
5. Bake until the paper is nicely puffed up and starting to brown, about 20 minutes. Remove from the oven and transfer to warmed plates. Open the packages carefully with scissors and serve at once.

NOTE: (HdeH -half of the vegetable topping would suffice for this recipe). If you have leftover vegetables you might pan sear them as a side accompaniment.