



MEDITERRANEAN STYLE HALIBUT EN PAILLOTE

Fish en papillote literally means “fish in parchment” and it is the easiest way you will ever prepare fish. The method is a template, not a recipe. Customize this based on your preferences and whatever fish, veggies, or spices you have on hand. Anything goes, but the results are always fresh and flavorful. The more flavors you put in, the better!

THE METHOD:

1. Preheat the oven to 375°F.
2. On a large piece of parchment paper, layer the fish, vegetables, aromatic, and herbs. Drizzle with the fat.
3. Fold or crimp the parchment paper into a sealed pocket. Bake for 15 minutes, or until the fish is cooked through.

Variations in cooking time may occur. If in doubt, use a food thermometer and make sure your fish is cooked to 145 degrees.



THE SPECIFICS:

Top each fillet with equal amounts of tomatoes, olives, capers, red onion, red bell pepper, garlic, olive oil, lemon juice, red pepper flakes. Top each fillet with a lemon slice.
Recipe yields 2 servings.

INGREDIENTS:

- 2 (6-ounce) Halibut fillets (can substitute Lake Trout, Mahi Mahi, or Salmon)
- Salt and freshly ground black pepper
- 1/2 pint grape tomatoes, halved
- 12 Kalamata olives, pitted and halved
- 2 tablespoons capers, drained
- Thin slices of red onion, to taste
- Thin slices of red bell pepper
- 2 cloves garlic, finely chopped
- 1 tablespoon extra-virgin olive oil
- Juice of 1 lemon & 2 lemon slices
- 1/2 teaspoon crushed red pepper flakes