



SOUTHEAST ASIAN STYLE FISH EN PAPILOTE

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:

Mix lime zest and juice, garlic, ginger, onion, in a medium bowl. Rub fish with olive oil, salt & pepper. Chop selected greens and drizzle with olive oil. Top each fillet with onion mixture & a few sprigs of cilantro.

INGREDIENTS:

- 2 fillets (6-ounce) Arctic char, Flounder, or Pacific Rockfish
- Zest from 2 limes, finely shredded
- 2 limes, juiced
- 2 garlic cloves, thinly sliced
- 1 piece (2 inches) ginger, peeled and julienned
- 1/2 medium red onion, halved and thinly sliced
- 2 small heads baby bok choy or 2 cups spinach
- 1/4 cup extra-virgin olive oil
- Coarse salt and freshly ground pepper
- 4 sprigs fresh cilantro