



Salmon en Papillote / Salmon in a Parcel

Yield: 4 small servings
 Preparation Time: About 20 minutes
 Cooking Time: About 10 minutes (longer for larger pieces of fish)

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none"> • 1 leek, very thinly sliced, white part only • 2 Tbsp (30mL) torn flat leafed parsley • 1 clove garlic, minced • about 1 Tbsp (15mL) butter • 4 - 100 g portions (about 4 oz.) of skinless, boneless wild salmon • sea salt and freshly cracked pepper • 2 tsp (10mL) lemon zest • 1 Tbsp (15mL) lemon juice • 1 tsp (5mL) <i>herbes de Provence</i>, or 2 Tbsp (30mL) fresh herbs, such as basil, marjoram, and thyme 	<ul style="list-style-type: none"> • cutting board • small sharp knife • fish tweezers, or needle-nosed pliers • microplane • measuring spoons • dinner knife, to cut butter • 3 pieces parchment paper (about 30 x 30 cm) • baking sheet • citrus juicer or reamer • 3 small bowls

Method:

1. Preheat the oven to 220 C (425 F) with the oven rack in the middle.
2. Rub a little **butter** on center of each parchment paper, leaving a three-finger width border.
3. Rinse the **salmon** under cold water and pat dry on a paper towel. Run your finger over the fillets to see if all the pin bones are removed. If not, remove them with fish tweezers. Put aside for now.
4. Cut the hairy root end off of the **leek** and remove the green portion. Cut the white leek in 1/2, lengthwise and rinse under cold water to remove any dirt. Pat dry. Place the leek halves on the cutting board and cut across the width into very thin strips. Place in a small bowl.
5. Grate the **garlic** on a microplane and add to the leek.
6. Remove the leaves from the **parsley** and chop or tear into small pieces. Add to the leek mixture. Toss the mixture together.
7. Zest the **lemon**, then juice it and put aside for now in small bowls.
8. Place ½ of the **leek mixture** in the centre of each piece of parchment.

9. Place the **salmon** fillets on top of the leek mixture. Season with sea **salt** and **pepper**. Sprinkle with **herbs de Provence** and **lemon zest**.
10. Sprinkle the other half of the **leek mixture** over top. Add a drizzle of **lemon juice** and dot with the remaining **butter**.
11. Fold the parchment over the fish and seal the edges by pleating. To pleat the parchment, start at one corner and fold the edges over and press them. Fold the next pleat, catching the edge of the first pleat so the pleats slightly overlap each other. Work your way around the parchment until you have a tightly sealed packet. Slide the packets on a baking sheet.
12. Place in the oven to steam the fish for 10 minutes, or until firm to the touch. Remove from the oven and let rest for two minutes.
13. Slide the packet onto plates and serve. With scissors, cut the parchment but take care when opening as hot steam may rush out. Peel back the parchment paper and enjoy the aroma and flavour.

Tasty Tip:

- There are many possibilities with 'en papillote' cooking. Try different vegetables with the fish, such as celery, carrots, tomatoes, or mushrooms. Just be sure the vegetables are cut very small so they cook in the short cooking time. Try different herbs and spices: chopped fresh ginger, thyme, basil, or tarragon. Try olive oil instead of butter. Try orange zest and juice instead of lemon. Try different fish, such as snapper, ling cod or bass. Experiment and discover your favourite combination.