

Salmon en Papillote

"En papillote" refers to a cooking method where ingredients - often including fish - are placed in a bag made of parchment paper before being baked in an oven.

PREP TIME: 10 minutes

COOK TIME: 15-20 minutes

YIELD: 1 serving

Ingredients

- 1 salmon fillet (6-8 ounces), pin bones removed
- 2 tablespoons extra virgin olive oil
- ½ fennel bulb, sliced into ½-inch slabs
- 4 cremini mushrooms, stemmed and quartered
- ½ cup ½-inch diced yam
- ½ bunch tarragon
- 2 lemon wheels, ¼ inch thick seeds discarded
- Freshly ground black pepper, to taste

Preparation

1. Heat the oven to 375°F. Cut a 12-inch square piece of parchment. Fold in half and draw a half heart shape as large as the paper will allow. Cut out the heart.
2. Lay the parchment on a work surface and open. On one half of the heart, pile the fennel, mushrooms, yam, and, tarragon. Season the vegetables with salt and pepper. Top with the fish, skin-side down, and then add 2 lemon wheels drizzle with remaining olive oil. Fold the other half of the parchment over and starting at the top; begin to fold the parchment in ½ inch folds, each fold overlapping the next to create a tight seal that won't allow the steam to escape. Continue all the way around and fold or twist the bottom tip tightly.
3. Gently transfer pouch to a large, rimmed baking sheet and bake about 12- 15 minutes (depending on thickness of filet).
4. Remove from the oven and carefully open the parchment in one corner. Check the fish by inserting a knife into the center and checking if it is done to your liking. If you'd like to cook it more, reseal and put it back in the oven for another 3-5 minutes. Otherwise, open the parchment, season with salt and pepper and enjoy.