

En Papillote White Fish

En Papillote is a french term meaning "in parchment". This method perfectly steams fish and vegetables together with a delicious sauce.

U.S.

For the Compound Butter:

3 cloves	Garlic, minced
3 Tbsp	Parsley, finely chopped
1 Tbsp	Lemon Zest, minced
1 Tbsp	Lemon Juice
3/4 tsp	Kosher Salt
5 Tbsp	Butter, softened
1 Tbsp	Olive Oil

Metric

3 cloves
12 g
4 g
15 mL
4.5 g
75 g
15 mL

For En Papillote:

1 lb	Red Potatoes	455 g
6 cups	Greens (kale, spinach, or chard), chopped	400 g
6 (4 oz) portions	White Fish (such as drum, halibut, or snapper), skin off	680 g
1/4 tsp	Kosher Salt	1.5 g
To Taste	Black Pepper, ground	To Taste
6 Tbsp	White Wine, dry	60 g

Preparation:

For Compound Butter:

1. Gather all ingredients and equipment.
2. Combine all ingredients in a bowl or food processor and pulse or stir to combine.
3. If butter is too cold, partially melt it in a pan or microwave.
4. Save for use en papillote.

For the White Fish:

1. Gather all ingredients and equipment and preheat the oven to 350°F (180°C).
2. Cut potatoes into half inch rounds. To blanch potatoes, place in a medium sized pot of water and bring to a boil. Remove from heat and strain when potatoes are cooked halfway through (5-8 minutes). To shock, place potatoes in an ice bath to halt the cooking process.
3. Season the fish with the salt and pepper. Set aside in the refrigerator.
4. To assemble the pouches, divide the potatoes between 6 large, square pieces of parchment paper.
5. Top the potatoes with 1 cup of greens and one 4-ounce filet of fish.
6. Sprinkle each pouch with 1 tablespoon of wine.
7. Place 1 1/2 teaspoons of compound butter on top of each fish filet.
8. Fold the parchment paper around the edges tightly in ¼ inch folds to create a half moon shape. Make sure that all edges are tightly sealed to avoid steam escaping.
9. Arrange the packaged fish on a sheet tray and place in the oven. Cook until the fish is fully cooked through (white and flaky), about 12-15 minutes.
10. Remove the sheet pan once finished and serve by carefully opening each parchment package and transferring contents to a plate.

Nutrition Facts

1 Servings

Serving size **1 Pouch**

Amount per serving

Calories **250**

Calories from Fat 90

Total Fat 10 g

 Saturated Fat 3.5 g

 Trans Fat 0 g

 Monounsaturated Fat 3.5 g

Cholesterol 80 mg

Sodium 280 mg

Total Carbohydrate 14 g

 Dietary Fiber 2 g

 Total Sugars 2 g

 Includes 0g Added Sugars

Protein 22 g

Vitamin D 0 %

Calcium 10 %

Iron 10 %

Potassium 755 mg

Phosphorus 270 mg