

Let's Talk Food Literacy

Fish en Papillote

Makes 1 serving

En papillote (“on-poppy-yote”) is a French term that means cooking in a parchment paper package. This recipe is great for 1 or 2 people, and can be made in a toaster oven. It is also great for involving the whole household in meal preparation: everyone can build packages to their liking.

Ingredients:

Protein Foods

1 - 4-ounce, salmon fillet or another firm-bodied fish, such as trout, cod, flounder, or halibut

Vegetables of Choice (example)

½ small carrot cut into match sticks

½ stick of celery cut into match sticks

1 green onion

½ - 1 cup lightly packed spinach, swiss chard or baby kale

2 cherry tomatoes halved

Seasoning (example)

1 tsp lemon juice

1-2 lemon slices (optional)

Herbs (e.g., dill)

pinch of salt (optional), ¼ teaspoon ground black pepper

1 tsp olive oil

Method:

Place a rack in the center of the oven. Preheat oven (or toaster oven) to 425° F.

Prepare parchment paper, and add ingredients:

- Tear off 1 square of parchment that is at least 12 inches long. Lay the sheet flat on a work surface.
- Place 1 cup of spinach (or greens of choice) in the center of a sheet, leaving space at the top and bottom of the parchment paper. Add the rest of the vegetables, and 1 fish fillet so that it runs vertically ⇕ top to bottom.
- Lay lemon slices and herbs on top, and drizzle with lemon juice. Sprinkle the fish with seasoning of choice (e.g., pepper). Drizzle with 1 tsp olive oil.



Salmon cooked in parchment paper, with beets, zucchini, peppers, herbs, and barley on the side.

Fold the package: Lift the right and left sides of the paper up and towards the center, directly above the fish. Touch the two sides together and tightly roll them, folding as you go, until you reach the fish. Now, roll and crimp the top and bottom ends, rolling them towards the counter, away from the center of the fish. When you reach the end, tuck the end underneath the fish. Place the packet on a rimmed baking sheet, using the weight of the fish to hold the ends in place to help avoid the package coming apart as it bakes.

Bake: Bake in the oven (or toaster oven) for 12 to 15 minutes, until the fish is fully cooked through and flakes easily with a fork. Check the internal temperature with a thermometer. Fish is fully cooked when it reaches 70°C (158°F). Contents will be very hot when you first open up the package - be careful!

Serve with a side of vegetables and whole grains. Enjoy!

Tips and Tricks:

➡ **Add inspiration** from various cultural cuisines:

- coconut milk with curry powder, bok choy and red pepper
- olives, red onions, cherry tomatoes and capers
- salsa and a squeeze of lime – and more!

➡ **Use aluminum foil if you don't have parchment paper**, or if you are cooking on the barbeque. To prevent the fish from sticking to the foil, add ½ tsp of butter or oil between the foil and fish.