

Transcript – Let's Talk Food Literacy Recipe - Fish en Papillote

We start in a commercial kitchen with Elaine McCarthy, Community Worker. Elaine places the ingredients and tools she plans to use for her fish en papillote on the counter. As she does this, images of puzzle pieces pop up in sequence with the words 'explore', 'build', and 'connect'. She also places a piece of wet paper towel under her cutting board to prevent it from sliding. As Elaine speaks, we see a plate with the prepared fish dish and sides. We also see her wrapping the fish in foil and parchment paper.

Hi, I'm Elaine. I'm a Community Worker with a passion for nutrition, delicious food. Today, I'm going to make a quick tasty meal called fish en papillote. This is a fancy French term for cooking in foil or parchment package. It is great for one or two people, and it's a bonus because it's easy to clean up.

We see a small bowl containing salmon, nested in a larger bowl of ice.

I'm using frozen salmon today. You could use trout or any type of local fish that you might be catching. You're going to notice that I have my salmon in a bowl then on some ice, whenever we're using raw proteins, we want to make sure we're keeping those proteins cold.

Elaine opens up the heart shaped parchment paper. Then she prepares her fish by layering kale, julienned carrots, green onions, and celery onto one side of the parchment paper. While she does this we see the text, "add vegetables of choice". Next, Elaine adds a piece of fish to her stack of vegetables then tops it off with dill, slices of lemon, lemon juice, pepper, and olive oil. As she does this we see the text, "add fish, herbs and lemon," and "add pepper and 1 tsp olive oil". Then she folds the parchment paper over, and seals the edges. We see the text, "seal packages". Then Elaine sets the package of fish onto a rimmed backing sheet.

The first one I'm going to make is in the parchment paper, and just for fun, I've cut my parchment paper into a heart because fish, especially the salmon, is great for heart health. Trout is a great fish too. If we were using a thinner fish like maybe tilapia or cod or even halibut, you might want to reduce your cooking time. And if you had a thicker fish, then you would want to increase your cooking time. This is a great way also to do a whole trout. It would be great on your barbecue in foil. What we're going to do is I'm just going to put some kale on one side. I've got some nice julienned carrots, couple little green onions, some celery. I'm going to grab a piece of fish. I'm going to grab some dill. Couple of lemon slices, do a squeeze of lemon here, a little fresh pepper, and just a tiny drizzle of olive oil. If you wanted to make this a little bit more Mediterranean, you could use capers and black olives, sun dried tomatoes. Now we're just going to do is we're just going to close this up and then I'm going to start at the tip of the heart and I'm just going to roll it and crinkle the parchment package. You can just cook it right in here. And then when it comes time to serve it, you can just put it right on the plate. You really do have to crinkle it in though, and just give it a fold over. And I'm going to put this on a rimmed baking sheet, just like that. We're actually going to use a toaster oven today, which is kind of cool because if you are only one or two people, there's no sense in turning on big oven – you can just use your toaster oven.

Elaine makes another little fish package using tin foil. She starts off by spreading butter on the foil and layering her vegetables on top. Then she adds the fish and seasons it with pepper. Elaine also adds a little olive oil on top. Next, she wraps the fish and vegetables in the tin foil.

So for this one, I'm just going to use some foil. I'm going to put some butter on this, just a very tiny amount, it's great for flavour. With the kale again, a little bit of dill, this time I'm going to add some zucchini and some chopped cherry tomatoes. So I've just cut these in half, my fish, little fresh cracked pepper. I'm just going to put it another little dollop of olive oil in here. I know we have a bit of butter on there for flavouring, but what's going to happen here is the butter and the olive oil are going to really form a nice sauce for this fish. I'm going to now use the tinfoil and I'll just crinkle it down. Just a nice little foil package. So this is a great healthy way of cooking your fish because you're just basically trapping in all of the flavours and the aromatics of our vegetables. I did not add salt to this. We're going to try to keep it really heart-healthy and have it very low sodium.

Elaine puts the tin foil fish package next to the parchment paper package on the rimmed backing sheet. She places the sheet into the pre-heated toaster oven. We see the text, "220°C (420°F) for 12-14 minutes".

And I'm just going to pop it right into a hot toaster oven. So this is 420 degrees, and we'll put it in here for 12 to 15 minutes when that's done. We'll have a beautiful dinner.

Sounds like dinner's ready.

When the toaster oven "dings," Elaine pulls the rimmed backing sheet with her fish out of the oven and opens the packages. While she is opening them, we see the text, "cook to internal temperature of 70°C (158°F).

Smells delicious. Let's see what we've got here. Oh, beautiful, look at that nice juice in here. It smells delicious, we've got some nice flake happening here. Some nice, clear juices, totally cooked. Amazing. And here's our one in parchment paper. Perfect. Oh my gosh, that looks good. Look at that, it's beautiful. Nice little packets of deliciousness.

We see a dinner plate with the fish in the parchment paper with a side salad and beets.

Eat well. Live well.

The video ends with an image of a puzzle piece with the words 'Eat well. Live well' on the left-hand side, with food-guide.canada.ca below it. An acknowledgement logo for Food Literacy for Life, foodliteracy.ca, appears on the right-hand side along with 'created by Peterborough Public Health' (logo shown). A visual of the food literacy framework from foodliteracy.ca appears on the left-hand side of the screen, with 'Food Literacy' pictured in the center of a circle. The following colourful puzzle pieces surround it: 'Food Skills, Self-Efficacy and Confidence, Ecological Factors (External), Food Decisions, and Food and Nutrition Knowledge.'