

SALMON FILLET EN PAPILOTE WITH JULIENNED VEGETABLES

Prepared by: Kimi O'Dell Nelson, June 2017

Source: Good Eats 2

Makes: 1 serving

1/3 cup fennel bulb, julienned

1/3 cup leeks, white part only, julienned

1/3 cup carrots, julienned

1/3 cup snow peas

1 teaspoon kosher salt

1/8 teaspoon black pepper

1/8 teaspoon coriander

1 8-ounce salmon fillet, pin bones removed

1 orange, separated into sections (Kimi Note – use Mandarin Oranges)

1 tablespoon dry vermouth (Kimi Note- I use teriyaki sauce – not the thick kind)

Fold a 15-by-36 inch piece of parchment paper in half widthwise. Draw a large heart half on the paper with the fold being the center of the heart. Cut along the line and open up the paper.

Layer the fennel, leeks, carrots and snow peas on the parchment to one side of the fold. Mix together the salt, pepper, and coriander. Sprinkle the vegetables with half of the salt mixture.

Put the salmon on top of the vegetables and season with the remaining salt mixture. Top the salmon with the orange sections and sprinkle with the vermouth. Fold the empty side of the parchment over the fish and, starting at the top of the heart shape, fold up both edges of the parchment, overlapping the folds as you move along. When you reach the end, twist the seal closed and tuck the tip underneath to secure tightly. Place on a microwave-safe plate and cook in a microwave oven on high for 4 minutes, or until the fish reaches 131 F. Open the pouch carefully and serve for a complete meal.

*Can bake 4 per half sheet pan in a 425 F oven for 12 minutes or until the fish reaches 131 F.

Kimi's Notes: I have been making this for about 10 years. Great individual packets and super easy to make. I substituted teriyaki sauce in lieu of vermouth. I bake rather than microwave.

