



MISO SALMON EN PAPILOTE

Fish en papillote literally means “fish in parchment” and it is the easiest way you will ever prepare fish. The method is a template, not a recipe. Customize this based on your preferences and whatever fish, veggies, or spices you have on hand. Anything goes, but the results are always fresh and flavorful. The more flavors you put in, the better!

THE METHOD:

1. Preheat the oven to 375°F.
2. On a large piece of parchment paper, layer the fish, vegetables, aromatic, and herbs. Drizzle with the fat.
3. Fold or crimp the parchment paper into a sealed pocket. Bake for 15 minutes, or until the fish is cooked through.

Variations in cooking time may occur. If in doubt, use a food thermometer and make sure your fish is cooked to 145 degrees.



THE SPECIFICS:

Mix white miso, mirin ginger and lime juice until combined. Generously coat fillets & let stand for 30 minutes if possible. Place 6 stalks of asparagus, sliced red pepper and 4 - 5 slices of eggplant. Place fillet on top of veggies and top with sliced green onion & sesame seeds. Recipe yields 2 servings.

INGREDIENTS:

- 2 (6-ounce) salmon fillets (can substitute w/ Sablefish, halibut, or sea bass)
- 1 tbsp & 1 tsp white miso
- 2 tsp mirin
- 1 tsp fresh ginger
- Juice of 1 lime
- 12 stalks of asparagus trimmed
- 1 small Japanese eggplant thinly sliced at diagonal
- 3/4 red bell pepper thinly sliced
- Coarse salt and freshly ground pepper
- 2 tbsp sliced green onion
- 1 tbsp sesame seeds