

Asian Salmon en Papillote

24 oz (1.5 lbs) salmon fillet – skin removed
Pepper to taste
¼ c. fresh cilantro – minced (parsley may be substituted)
1 T. fresh ginger – peeled and minced
2 t. toasted sesame oil
1 T. rice vinegar
2 T. soy sauce – low sodium if desired
1 T. maple syrup or honey
2 scallions – sliced very thin

Preheat oven to 400°

Cut the salmon into four fillets. Slice each fillet into several pieces at an angle, fan the pieces and keep together as a serving.

Lightly pepper the salmon.

In a separate bowl, mix together the remaining ingredients.

Assembling the en papillote –

Cut a piece of parchment paper 3x the size of the serving of fish and fold it in half lengthwise. Starting at the top of the folded edge, cut a half heart shape (it will be heart shaped when unfolded).

Place the serving of fish near the fold and fan the slices slightly.

Pour ¼ of the sauce over each serving of fish.

Fold the paper in half to cover the fish.

Now enclose the fish by creasing the parchment around the “half heart” and folding, crease and fold, crease and fold, until you have sealed the fish “en papillote” (in paper).

Proceed with three additional servings.

Place the fish on a baking sheet, put into the oven and bake for 10-12 minutes.

Serve and open at the table.

Serves 4

Recipe courtesy of: Food Fairy Productions, Chef Lynda Lacher, cheflacher@yahoo.com