



Halibut in Parchment Paper

Serves 4

SHOP

- Fish Filets
4, 6-7 Ounces Each
- Garlic
2 Cloves
- White Onion
1/2
- Lemon
4 Slices
- Fresh Rosemary
4 Sprigs
- Olive Oil
2 Tablespoons
- Dry White Wine
1/4 Cup
- Garnish
4 Lemon Wedges
- Salt
1 Teaspoon
- Fresh Ground Pepper
1 Teaspoon
- Parchment Paper
4 Sheets



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MAKE

- 1. Preheat oven to 375°F.
- 2. Cut 4 squares of parchment paper.
- 3. Season the fillets with salt and pepper. Place them in a shallow baking dish.
- 4. Thinly slice the garlic, onion and lemon.
- 5. Top each fillet with the sliced garlic, onion, lemon, and one sprig of fresh rosemary.
- 6. Drizzle 2 tablespoons of olive oil and 1/4 cup of white wine over the fish.
- 7. Wrap fillets one at a time: Place fish slightly off-center on the parchment. Fold the edges of the parchment so the liquid doesn't spill out. Spoon some liquid from the baking dish over the fillet. Fold the larger side of the parchment over the top of the fish, leaving some space above the fish and join the two parallel edges. Continue rolling and folding all edges until they are sealed into a half moon shape.
- 8. Place wrapped fillets on a baking sheet and bake for 10-15 minutes, depending on the thickness of the fillets.
- 9. Transfer each wrapped fillet to a plate with lemon wedges. You may either unwrap the packages or allow your guests to open them at the table.

** Careful! Escaping steam is very hot!