

HERB-ROASTED FLA. FISH EN PAPILOTTE

Ingredients:

- 4 (12 x 16 in.) pieces of parchment paper
- 4 (8 oz.) boneless, skin-less fish fillets (fresh is best!)
- 4 T extra virgin olive oil
- 4 T freshly squeezed lemon juice (2 lemons)
- 8 sprigs fresh thyme
- 8 large green olives
- small bottle of capers
- salt & pepper to taste
- 2 egg whites, lightly beaten

(YOU CAN MAKE AHEAD: Prepare the packages and refrigerate for up to 1 day. Bake before serving)

Instructions:

Preheat oven to 400 degrees. Tear 4 pieces of parchment paper and place on a flat surface, each piece should be approx. 12 by 16 ins. Fold each piece in half crosswise and cut each piece like a large paper heart cutout.

Open the folded piece of parchment paper flat and place each fillet lengthwise just to the right of the fold. On each fillet, sprinkle 1/2 tsp. salt, 1/4 tsp. pepper, 1 T good olive oil. 1 T lemon juice, and 2 sprigs of thyme, place 2 olives alongside the fish and add 4 to 5 capers.

Brush the edges of the entire parchment paper with the egg whites. Fold the left side of the parchment paper over the right side so the edges line up, creating a packet. Press the edges together to create a seal. Starting at the edge at the top of the heart, make overlapping folds in the parchment, until you reach the “tail” of the heart. Fold the last end underneath to seal the packet. Place all the packets on a sheet pan, making sure the oil and lemon juice don’t run out when you transfer them.

Bake for 15 minutes exactly. Place each packet on a dinner plate, cut an X in the middle with scissors, and serve hot, allowing each person to tear open the packet.