

Salmon en Papillote with Orange and Fennel

(Recipe modified from Gourmet.com)



Ingredients:

- 1 small fennel bulb, stalks discarded
- 3 medium carrots (1/2 lb)
- ½ lb small red potatoes
- 2 teaspoons finely grated fresh orange zest
- 4 teaspoons fresh thyme leaves
- 2 large garlic cloves, minced
- 3 tablespoons extra-virgin olive oil
- 1 (1 ½ lb) piece center-cut salmon fillet, skinned and fish cut into 4 squares pieces

- ❖ Place a large baking sheet on bottom rack of oven and remove any other racks. Preheat oven to 400°F
- ❖ Halve fennel bulbs lengthwise. Remove most of core, leaving enough intact to keep layers together when sliced.
- ❖ Using manual slicer, cut fennel bulb (lengthwise), carrot (diagonally) and potatoes into 1/8 inch thick slices, keeping vegetables separate.
- ❖ Blanch vegetables, separately, in salted boiling water: fennel 2 minutes, carrots 1 minute, potatoes 2 minutes. Transfer fennel and carrots with a slotted spoon to a bowl of ice water, and then drain well. Drain potatoes.
- ❖ Toss fennel and carrots with zest, thyme, half of garlic, 2 tablespoons olive oil and salt and pepper to taste.
- ❖ Toss potatoes with remaining oil and garlic and salt and pepper to taste.
- ❖ Divide potato mixture among centers of parchment squares. Season salmon with salt and pepper and place on top of potatoes then top salmon with fennel mixture.
- ❖ Gather sides of parchment up over fennel mixture to form a pouch, leaving no openings, and tie tightly with string. 3 Place packages directly on hot baking sheet in oven and cook 20 minutes. Serve immediately.

Cook's notes: If your parchment paper is less than 15 inches wide, crisscross 8 (15-inch-long) sheets to approximate 4 (15-inch) squares. Foil can be substituted for parchment. Crimp edges tightly to close; do not tie.