

PACIFIC COD EN PAPILOTE

Recipe by Kosta the Fishmonger © worldwide 2010



1 lb,	Pacific Cod fillet	1 ½ Tbsp.	Butter
1/3 Cup	Thin strips carrots	1/3 Cup	Thin strips onions
1/3 Cup	Thin strips celery	1 Tbsp.	White wine
5-7	Shitake mushrooms sliced	Sea salt and white pepper to taste	
2 Tbsp.	Mixture of fresh equal amounts chopped parsley, cilantro and dill.		

- 1) For this recipe you will need two pieces of parchment paper 12 by 16 inches, or you could substitute with aluminum foil. Fold the parchment paper in half and cut out half a heart, so that when you fold it out it will be in the shape of a heart.
- 2) Cut the cod into 2 - ½ pound portions and season with salt, pepper and coat with wine, then set aside.
- 3) Place a frying pan on medium heat, then melt ½ Tbsp butter and sauté carrots, onions, celery and shitake mushrooms until just tender.
- 4) Open the parchment paper to form a heart and on one side place half of you ingredients. Place the carrot, onions, and celery first, and then the fish on top followed with the herb mixture on top with the shitake and ½ Tbsp butter.
- 5) Fold the parchment paper to cover the fish and fold in the edge to seal the fish in the pouch.
- 6) Pre-heat oven to 375 F. Then place pouch on a baking tray and bake for 15-20 minutes.

Serve the Papillote on a plate in the parchment paper with a wedge of lemon on the side.
 Receipes serves two.