



From the Culinary Company Kitchen

...enhancing your joy of cooking.

Questions? We are here to help... www.CulinaryCompanyOnline.com 1-888-336-5381

Fillet of Snapper en Papillote

Yield: 6 portions

INGREDIENTS	AMOUNTS
Butter, unsalted, softened	6 Tbsp
Shallot, minced	3 Tbsp
Asparagus Tips	3 cups
White Mushrooms, sliced	1 ½ cups
Green Onions, sliced	1 ½ cups
Heavy Cream	1 cup
White Wine, Dry	¾ cup
Salt	As needed
Black Pepper, ground	As needed
Red Snapper, skinless (6 oz ea)	6 ea

Process

1. Preheat the oven to 375°
2. Cut 4 pieces of parchment paper into hearts large enough to fit a fillet comfortably on one side with at least 2" margin around the edge. Fold the hearts in half lengthwise to crease the paper. Use 1 Tbsp of butter to coat both sides of the parchment paper heart.
3. Melt the remaining 2 Tbsp of butter in a sauté pan over high heat and sauté the shallots until translucent, about 2 minutes. Add the asparagus, mushrooms and green onions. Sauté until the asparagus becomes bright green, about 1 minute more. Add the cream and wine, and simmer until the asparagus is barley tender, about 8 minutes. With a slotted spoon remove the vegetables and allow the cream to continue to reduce until fairly thick, about 3 minutes. Taste and season with salt and pepper.
4. Season the fish with salt and pepper
5. Place ½ cup of the vegetable mixture on one side of each buttered parchment heart. Place a snapper fillet on top of each vegetable mound. Spoon 2-3 Tbsp of reduced cream over each fillet.
6. Fold each paper heart in half over the food and align the edges. Starting at the top of the heart, make small, tight folds all along the edge of the paper. When you come to the bottom of the heart, give it a good twist to seal the packet. This will prevent steam from escaping.

7. Preheat a buttered baking sheet in the oven for 5 minutes. Place the packets on the hot sheet and bake for 10 minutes. The parchment paper will puff up high and turn brown. Serve immediately.
8. For a dramatic presentation, carefully cut the packets open with scissors or a sharp paring knife at the table.