

SALMON EN PAPILOTE

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“To cook the salmon *en papillote* means to cook it wrapped inside of parchment (or foil). As it cooks, the steam is trapped inside the parchment, resulting in wonderfully moist salmon, and opening it up at the dinner table always makes for a delightful presentation. This recipe is served with sauce Bagna Cauda and julienned vegetables.” – Chef Ed

Ingredients:

- 4 oz. **Salmon** portion, skinless
- 2 oz. **Zucchini**, batonnet cut
- 2 oz. **Yellow squash**, batonnet cut
- ½ oz. **Red onion**, peeled – 1/8th inch slivered
- ¼ oz. **Garlic**, 1/8th inch slivered
- 2 oz. **Carrots**, peeled- batonnet cut
- **3 Anchovies**
- ¼ cup **Extra virgin olive oil**
- 1 oz. Fresh **basil**
- 1 tsp. **Roma tomato**, ¼-inch diced
- 1 tsp. Fresh **parsley**, finely chopped
- ½ oz. **Chives** sliced
- A splash of **lemon juice**
- A splash of **white wine**
- 1 tsp. **Paprika**
- 1 **Lemon wedge** per entree
- **Salt & pepper**

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Instructions:

1. Preheat oven to **375 degrees**.
2. Make the **sauce**.
 - a. Place **anchovy and garlic** into a food processor (or cut small by hand). Process for 30 seconds, then add the **olive oil** in a thin stream with the machine running.
3. Prepare the **salmon**.
 - a. Cut a piece of wax paper (12" x 18") into a large heart shape.
 - b. Lay out this heart-shaped wax paper onto a table. To minimize any mess, lay the paper out over a pan or sheet tray. This will go into the oven when ready.
 - c. Place the **salmon** in the middle of one half of the heart (left or right side).
 - d. Rub the **sauce** onto the **salmon**.
 - e. Place the **vegetables** on top of the **salmon** (**zucchini, yellow squash, onion, tomato, carrot**). Season with **paprika, parsley, and salt & pepper** to taste. Add **white wine** and **lemon juice**.
4. When **salmon and ingredients** are ready, close up the heart. Crimp the edges to form a seal.
5. Place the wrapped salmon (on a pan or sheet tray) in the oven. Bake for **15 minutes**. Remove from oven.
6. When ready, slice the top of the paper open with a sharp knife. Be careful of the steam coming out of the package after you cut it open.
7. Add **chives** and squeeze the **lemon** into the package. Enjoy!