

Baked Salmon Fillet (en papillote)

Quantity	4 Port.			
Author	Martin ZGraggen			
Category	Main Course / Dish			
Time	Preparation time	20 minutes	Cooking time	10-12 minutes (depending on thickness of fillet)
Difficulty	Intermediate			

Ingredients

QUANTITY	UNIT	PRODUCE
4 (ea 170 GR)	PC	Salmon fillet / Tasmanian no skin Sea salt flakes, Peppermill
50	ML	Olive Oil extra virgin (Italian or Australian)
250	GR	Potatoes peeled and thinly sliced
120	GR	Fennel sliced
30	GR	Fennel grass chopprd
150	GR	Green beans, cleaned and blanched
4	PC	Garlic cloves, blanched, peeled and crushed
8	PC	Cherry tomatoes cut in half
100	GR	Button Mushrooms sliced
100	GR	Leek (white) sliced
8	PC	Black olives (Kalamata), pitted, whole
4	PC	Sun dried tomatoes cut in half
40	GR	Basil green shredded
40	GR	Flat Parsley chopped
4	PC	Rosemary sprigs
20	ML	Lemon juice (fresh)
20	ML	Balsamic Vinegar (Modena)
10	ML	Worcestershire Sauce

Mise en place / Pre-Preparation

-Pre-prepare (including washing the vegetables and herbs) and cut all vegetables as shown, described and explained in video

Watch Video Recipe on my YouTube Channel Enabled Cooking (click on link below) for METHOD (preparation and cooking), PLATING / SERVING and EQUIPMENT / TOOLS needed

<http://youtu.be/03bMehWl6BU>

Remarks / Comments:

-This is an ideal ONE wholesome dish in ONE go. No washing up, no use of pans, pots, grills, BBQ etc.... Only need a hot oven which you can pre-heat and set up prior.

-Ideally you can serve this dish with a light side salad (green)

-Salmon fillet can be replaced by Snapper fillet, Flathead fillet, Tuna fillet, Perch fillet, Barramundi fillet, John Dory fillet, etc...depending on the size of the fish fillet (thickness) the baking time will be shorter or longer (all fillets to be skinless)

-I would refrain from using whole fish as the baking time will be longer than the one for the garnishes (Vegetables)

