

FILET OF HALIBUT IN PAPILOTTE WITH GRILLED LEEKS



INGREDIENTS

- 1 Halibut Fillet, 8-10 oz
- 1 Leek, washed and dried
- 2 tbsp Carrot, shredded
- ½ Celery Rib, sliced 1/8" thick
- 1 tbsp Extra Virgin Olive Oil
- ½ tsp Fresh Thyme Leaves, coarsely chopped
- 1 tsp Fresh Parsley, coarsely chopped
- 1 tbsp Sherry Vinegar
- Parchment Paper, Pastry Brush

DIRECTIONS

Cut well washed leeks in half lengthwise, and then into 4, 3 inch segments. Brush each segment with a little of the olive oil and lightly grill the cut side on a hot grill or a well heated grill pan, about 3 minutes, or until rich brown grill marks are visible on the leeks. Turn over and cook one minute more. Remove from heat.

Cut parchment paper into a heart shape, approximately 14 inches across. Brush one side with olive oil to create a liquid tight barrier.

CARD 1 OF 2

FILET OF HALIBUT IN PAPILOTTE WITH GRILLED LEEKS (cont.)



DIRECTIONS (cont.)

Place leeks, cut side up, side to side across one half of the paper. Place fish filet on top of the leeks, brush with olive oil, and season with salt and pepper.

Pile celery directly on top of fish, then carrots directly on top of celery. Sprinkle the fresh herbs over the entire meal. Drizzle any remaining olive oil on top.

Fold the parchment over from the center of the "heart" covering the ingredients, and begin folding the edge over in one inch increments, one after another around the curve, creating a pouch. Just before the last fold, pour the vinegar into the pouch, and fold over and crimp tightly to seal.

Place the finished pouch on a baking sheet and bake in a well preheated oven (425 degrees) about 12 minutes (or until fish reaches 140 degrees). Pouch will be puffed from the steam. Allow to rest 5 minutes, move to a plate, and cut open, being careful to watch the steam (no burns please!)

CARD 2 OF 2