

## **Fish in Parchment - Fish al Cartoccio**

### **Ingredients:**

- 12 white-fleshed fish fillets – we will use cod (6 – 8 oz each)
- 2 tbsp kosher salt
- Coarse-ground or cracked black pepper
- 2 fennel bulbs, trimmed and thinly sliced (1/4 inch thick) lengthwise
- 24 slices lemon, 1/8 - 1/4 inch thick, seeds removed
- 1 lb pitted black olives, roughly chopped
- 1/2 cup (tightly packed) fresh Italian (flat-leaf) parsley – roughly chopped
- Extra virgin olive oil
- Parchment paper cut into 12 large rounds

### **Preparation:**

- Preheat the oven to 425°F.
- Fold rounds of parchment paper in half
- Place a thin layer of fennel next to fold in center of a piece of parchment paper. Place fillet on top and season with a pinch each of salt and pepper. Place olives, fennel slices, 2 lemon slices and parsley on fish and drizzle with olive oil
- To fold the parchment over the pile along the crease. Starting at the crease, fold the paper against the fish bundle, then move about 1/2 inch down the new crease and make another fold against the fish. Continue all around the fish.
- Repeat the last two steps for the other 11 fillets.
- Place the fish packets on a baking sheet and bake in the oven for about 25 minutes. The parchment will likely become slightly golden brown around the edges. Place each fish packet on a plate, serve, and open at the table, taking care with the escaping steam as the packets are opened.