



Salmon en Papillote

Salmon baked in Parchment Paper

Source:

<http://seriouslygood.kdweeks.com/2006/04/>

salmon-en-papillote.html

Serving Size: 4

Prep Time: 30 minutes

Cooking Time: 10~20 minutes



Instructions

- Heat oven to 375F.
- Cook potato slices in boiling water, seasoned with salt, until tender.
- Cut 8 thin slices from the lemon and juice the remainder.
- Mix juice with the white wine.

Prepare Salmon

- Position salmon on half of paper.
- Sprinkle with salt and white pepper.
- Dot with pieces of butter.
- Place dill on salmon and layer potato slices on top.
- Season potato with salt and black pepper and top with lemon slices.
- Pour wine and lemon juice on top and seal the parchment envelope, using egg whites.
- Place bundle on a baking TRAY and cook for **11 -12 minutes** or until the paper puffs up.

Ingredient List

- 4 ea 5 – 6 oz salmon fillet section
- 4 ea small potato (2" diameter) -- sliced 1/8" thick
- 2 lemons
- 1 cup white wine
- 8 sprigs fresh dill
- 1 stick (8 tbs) butter
- 20 or so snow peas
- Salt
- ground white pepper
- ground black pepper
- 2 egg whites, lightly beaten.

Tools

- Brush
- Parchment paper
(Important, don't Substitute with Wax Paper. Wax paper WILL catch fire in the oven)