



Salmon Fillet en Papillote with Shallots and Tomato

Submitted by
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Serve with J. Schram Rosé

Serves 1

Ingredients:

1 Tbsp Unsalted Butter, Soft
1 Skinless Salmon Fillet, 6 to 8 ounces
Salt and Freshly ground white pepper
1 Tbsp. Very finely minced shallots (scallions)
½ Cup diced fresh tomato, Garnish
Whole leaves of flat parsley, about a dozen

Preparation:

You will need a sheet of parchment paper, about 20 inches by 15 inches, and a cookie sheet. Preheat the oven to 425F. Smear the butter in the center of the parchment paper. Season each side of the salmon with a big pinch of salt and several grinds of pepper, and lay the salmon, its most attractive side up, on the buttered area of the paper. Mix the minced shallots and tomato together and spread on top of the salmon fillet. Scatter the parsley leaves over and around the fish. Lift the shorter (15 inch) sides of the parchment so the edges meet right above the salmon, like a tent. Fold over several times, and then fold the sides together. Crimp the folds tightly with your fingers, or use several pins at the end to seal the package completely. Set the package on the cookie sheet and bake for 8 minutes for a fillet less than an inch thick, or 10 minutes for a thick fillet 1 to 1¼ inches thick. To serve carefully transfer the package to a dinner plate, remove the pins if you have used them, and simply unfold or cut the parchment open. If you'd rather remove the package before eating, cut or tear the paper alongside the fillet, and slide the fish right onto the plate.