



# Episode 2 - Recipes

## Halibut Mediterranean Style in Parchment Paper

*Recipe adapted from Pamela Salzman*

### INGREDIENTS

- 4 filets of wild halibut (4-6 oz each)
- 1 Tablespoon unrefined, cold pressed, extra virgin olive oil
- 3 cloves garlic, thinly sliced
- 1 shallot thinly sliced
- $\frac{1}{8}$  teaspoon red pepper flakes
- 1 cup grape or cherry tomatoes, halved
- $\frac{1}{4}$  cup Kalamata olives, pitted and quartered (optional)
- 2 Tablespoons capers, drained (optional)
- a handful of mixed fresh herbs (parsley, basil, mint and thyme are my favorites)
- $\frac{1}{2}$  teaspoon sea salt + extra for seasoning fish
- a few grinds of freshly ground black pepper to taste + extra for seasoning fish
- 4 teaspoons unsalted butter or unrefined, cold-pressed extra-virgin olive oil
- 8 teaspoons dry white wine
- 4 12-inch squares of unbleached parchment



### INSTRUCTIONS

1. Preheat oven to 450 degrees. In a medium saucepan, heat 1 Tablespoon olive oil. Add sliced garlic, shallot, red pepper flakes and cook until the garlic is fragrant and almost golden brown, about 1 minute add tomatoes and S&P and sauté for another couple minutes.
2. Arrange each piece of fish in the center of the parchment paper and sprinkle with a pinch of sea salt and pepper.
3. Top each filet with a fourth of the tomato mixture, herbs, olives, capers, 1 teaspoon of butter or oil, and a drizzle of white wine.
4. Bring 2 opposite sides of the parchment together and fold. Continue to fold all the way down until you reach the fish. Twist both ends of the parchment so that it looks like a hard candy wrapper. Repeat for each piece of fish. Place each packet on a baking sheet and bake for 8-10 minutes based on the thickness of the fish.
5. Transfer each packet to a plate and use caution when opening – the steam will be very hot!