

Salmon en Papillote with Garlic and Herbs

Recipe By *Estee Kafra*



Cooking and Prep:  25
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Serves:  2

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Passover, Nine

Days

Diet: Gluten Free, Low Carb,
Pescetarian, Paleo, No Refined

Sugar

Source: KosherScoop.com

En papillote (French for "in parchment"), or al cartoccio in Italian, is a method of cooking in which the food is put into a folded pouch or parcel and then baked.

Simple and quick, this salmon dish using parchment paper bags is full of bright flavours and great taste. Healthy cooking and fast cleanup famed in 'en papillote' cooking couldn't be easier.

Ingredients (9)

Main ingredients

- 2 fillets salmon
- 2 cubes [Gefen Frozen Garlic](#), defrosted
- 2 teaspoons [Bartenura Olive Oil](#)

- Haddar Kosher Salt**, to taste
- pepper, to taste
- 1 lemon, sliced
- 2 tablespoons capers
- fresh herbs (like parsley and rosemary)

Sommelier Suggests

- Hagafen Chardonnay**
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Start Cooking

Prepare the Fish

1. Preheat oven to 375 degrees Fahrenheit.
2. Smear the fish with the garlic paste and then the oil. Sprinkle with salt and pepper. Cover with slices of lemon and place gently into a parchment bag with the capers and the fresh herbs. Seal the bag by folding it underneath itself, and place on a cookie sheet.
3. Bake for 12 minutes. Remove from oven and wait 10 minutes before opening the bag. Discard the lemon and fresh herbs before serving.