

# Snapper en Papillote Step-by-Step {from Southern Lady Simply Southern 2011}



**SNAPPER STEP-BY-STEP 1.** The purpose of cooking *en papillote* (pronounced pop-py-YOTE), or “in paper,” is to prevent steam from escaping during cooking. All the juices, flavors, and aromas are held inside and infused into the fish. Begin by cutting 2 heart shapes from parchment paper. Brush one half of each heart with melted butter. **2.** For each piece of parchment, place 1 prepared snapper fillet in the center of one half of the heart. Top with an orange slice. **3.** Fold heart in half over fish. Crimp edges by folding in 1-inch lengths, with each fold holding the previous one in place. **4.** When parchment edges are crimped all the way around, tuck last fold underneath and place packet into an ovenproof skillet.

## Snapper en Papillote

Makes 2 servings

- 2 tablespoons butter, melted
- 2 (5- to 6-ounce) snapper fillets, skin removed
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 teaspoons finely chopped shallot
- 1 teaspoon orange zest
- 1 teaspoon finely chopped fresh thyme
- 2 orange slices
- 2 sprigs fresh thyme

- 1.** Preheat oven to 450°. Cut out 2 heart-shaped pieces of parchment paper.
- 2.** Brush one half of each heart-shaped parchment with melted butter. Place snapper fillets on top of butter. Brush snapper with melted butter. Season both fillets with salt and pepper. Evenly sprinkle shallot, orange zest, and thyme on fillets. Top each fillet with one orange slice. Place thyme sprig in center of each orange slice. Fold over top half of parchment to enclose fish, crimping edges to seal.
- 3.** Place the folded package in a large ovenproof skillet. Place skillet over medium-high heat for 1 to 2 minutes, or until parchment begins to puff. Place skillet in oven for 6 to 8 minutes (depending on thickness of fillets). Carefully remove fillets from parchment. Serve immediately.

