



Salmon with Vegetables En Papillote (ah pah-pee-yote)



Ingredients, Basil Compound Butter:

- 4 tablespoons unsalted butter softened
- ¼ teaspoon kosher salt
- 1 teaspoon lemon peel freshly grated
- 2 teaspoons basil thinly sliced
- 1 teaspoon parsley chopped fresh

Ingredients, Salmon and Vegetables

- 2 pieces parchment paper 18x15 inches
- 12 ounces salmon fillets two 6-oz pieces, skin removed
- 1 cup carrots shredded
- 1 cup onions thinly sliced
- 2 cloves garlic thinly sliced
- 1 bunch asparagus trimmed to 6 inches, about 18 spears
- 1 teaspoons lemon peel freshly grated
- 2 teaspoons green onions thinly sliced
- kosher salt to season
- black pepper to season
- vegetable oil to brush on parchment paper
- 2 lemon wedges

Method, Basil Compound Butter:

1. In a small bowl, stir together softened butter, salt, lemon, basil, and parsley. Transfer to a piece of plastic wrap, twist tightly to create a small butter log. Allow it to freeze until hardened. Once frozen, slice into four portions.

Method, Salmon and Vegetables:

1. Preheat oven to 450°F.
2. Cut two 18 x 15-inch pieces of parchment paper. Fold the long side in half and cut into a heart-shape. The parchment paper should be large enough to contain one portion of fish and vegetables folded in half. Brush each piece of parchment paper with vegetable oil.



3. Toss the sliced onions and shredded carrots together in a small bowl. Evenly portion the asparagus spears on half of each piece of oiled parchment papers. Place 1 cup of the onion and carrot mixture on top of the asparagus. Place one portion of salmon on each portion of vegetables, season generously with salt and pepper.
4. Top each portion of fish with sliced garlic, $\frac{1}{2}$ teaspoon of lemon peel, and 1 teaspoon sliced green onions. Add 1 tablespoon of the basil compound butter on top of the fish.
5. Fold the other half of the parchment paper over the fish and vegetables. Starting at one corner, tightly crimp the edges of the paper to seal it tightly.
6. Place the pouches (papillote) on a sheet pan and bake for 8 to 10 minutes. When baked, the parchment paper should puff up and brown slightly.
7. Remove from the oven and serve immediately. Transfer the envelope to a plate. Carefully cut open and served with a lemon wedge.