

Halibut en Papillote

INGREDIENTS

- 2 4oz filets of halibut
- 4TBS olive oil
- 2TSP Himalayan salt
- 1 bulb fennel, finely sliced horizontally
- 1/4C cranberries
- 1/2 lemon, sliced
- Chopped fennel

1. Preheat oven to 400°F.
2. Tear out a sheet of parchment paper (about the size of a cookie sheet or a little smaller) and lay flat on the counter.
3. Pat the filets dry and place them in the middle on the right half of the parchment paper.
4. Season with sea salt and drizzle with oil.
5. Place sliced lemon on top of fish and cover with fennel and cranberries.
6. To seal the parchment paper, lightly coat the sides of the paper on 1/2 side with an egg wash (1 beaten egg + 1TBS liquid like water or milk).
7. Fold the paper in the middle so that the edges line up and press firmly around the border to seal the edges.
8. Begin to fold in the outermost edge and continue along the entire package, creating a half-moon shape.
9. Once you have folded the entire edges, place on baking sheet in oven for about 10-12 minutes.
10. Serve immediately by placing parchment on a plate and cutting into or tearing paper from middle.