

Fillet of Sole en Papillote

Ingredients

- Parchment paper
- Fish fillets, 2-6oz. per packet
- Littleneck clams, 2 or 3 per packet
- Carrot
- Zucchini
- Unsalted butter
- White wine
- Capers
- Lemons
- Kosher salt, White pepper
- Canola oil

Tools

- Parchment paper
- Sheet tray
- Pastry brush
- Mandoline
- Oven mitts

Instructions

[Parchment Diagram](#)

1. To create your parchment paper packet: cut parchment into heart shapes large enough to enclose two 6 oz. fillets.
2. Brush inside of packet lightly with melted butter.
3. Season both sides of fish fillets with kosher salt and white pepper.

4. On mandoline, cut carrot and zucchini into julienne shape. Place carrot and zucchini in packet; season with salt and pepper and add a tablespoon of butter. Place seasoned fillets on bed of vegetables. Add butter, white wine, lemon, capers, and littleneck clams.
5. Seal pouch by folding the parchment paper over and sealing the sides tightly. Brush outside of packets with canola oil to prevent the paper from burning.
6. Place packets on sheet tray and bake in 350 degree oven until paper starts to brown. Be careful when opening packet as it may be steaming hot. Enjoy!