

# What is Parchment Paper?

Parchment paper or baking paper is a moisture-resistant, grease-resistant paper used in cooking and/or baking recipes; also used to line baking pans. En Papillote is a cooking method in which foods and seasonings are cooked together inside an envelope made with parchment. This cooking method produces a delicious, healthy, moist, and tender dish. Parchment paper can be found in the baking section of the supermarket. Visit the Recipes section of this website for some recipes using parchment paper.

