Poisson de Papillote (Fish in Parchment) Recipe
Serves 4

4 (4-oz.) Cod or other whitefish filets
Kosher salt and freshly ground black pepper, to taste.
½ Red onion julienned
1 zucchini sliced
1 carrot julienned
1 clove garlic minced
16 sprigs thyme
 8 sprigs rosemary
4 tbsp. olive oil
4 tb butter
$\frac{1}{2}$ cup white wine
$\frac{1}{4}$ cup finely chopped herbs, such as parsley, chives, tarragon, or chervil (any combination)
1 lemon, cut into 4 wedges or wheel.

1. Heat oven to 450°.
2. Cut out four 16" x 10" heart-shaped pieces of parchment paper; fold hearts in half lengthwise to form a crease down the middle.
3. In a bowl, mix the onion, zucchini, carrot and garlic. Add the oil, season with salt and pepper, to taste, and toss to combine.
4. Place a filet in the center of one half of one heart, placing it next to the crease; season with salt and pepper, and place 4 sprigs of thyme, Arrange the vegetables on top, dividing evenly. Top the vegetables with a lemon wheel each.
5. Add the 2 sprigs rosemary, 1 bay leaf, on top. Fold the other half of the heart over the filet, and starting at the narrow end, begin folding open edges up; move 1⁄2" down the fold and create another fold. Repeat folding until the packet is almost closed at the wide end; pour 2 tbsp. wine in an open hole, and then fold to close it tightly. Transfer packet to a baking sheet, and repeat with remaining parchment paper hearts, filets, herbs, butter, oil, and wine

6. Bake until the fish is cooked through, about 8 minutes. To serve, open packets and discard whole herbs; transfer filets to serving plates, sprinkle with finely chopped herbs, and serve with lemon wedges.