



March 11, 2015
Seafood Culinary Class

Grouper en Cartuccio

Ingredients

- 2 sheets of parchment paper
- (2) 8 oz. pieces of fresh grouper (may be substituted with any white, flaky fish) 1 32 oz can Italian peeled tomatoes
- 1/2 cup baby carrots, peeled, halved lengthwise
- 1/2 cup purple potatoes, peeled and cut to one-inch rounds
- 1/2 cup pearl onions
- 1/2 cup zucchini (julienned)
- 1/2 cup celery (julienned)
- 2 cloves fresh garlic (finely chopped)
- 1 pinch chopped fresh parsley
- 1 pinch chopped fresh thyme
- 1 teaspoon capers (rinsed)
- Juice from one lemon
- 1 tablespoon olive oil
- 1/2 cup vegetable stock (substitute with chicken or fish stock)
- 1/2 stick unsalted butter
- Salt/pepper to taste

Method

1. Preheat oven to 450°F.
2. In metal bowl, combine vegetables, garlic, capers, lemon juice, olive oil, two tablespoons of vegetable stock, parsley and thyme. Mix well. Set aside.
3. Salt and pepper both sides of fish fillets.
4. In a small saucepan, heat remaining vegetable stock with butter.
5. Layer a portion of the seasoned vegetable mixture on one side of parchment paper.
6. Set one fillet across top of vegetables. Spoon two tablespoons of butter sauce over fish.
7. Fold parchment paper and seal packet shut (airtight) with small folds, one overlapping the next.
8. Place packets on baking sheet and cook in center of oven for eight to 12-minutes.