



All Great Meals Begin With
Rulli Bros.
M A R K E T S

SALMON IN PARCHMENT (EN PAPILOTE)

Serves 4-6

Ingredients

1 Salmon Filet (1-1 ½ lbs.)

Parchment paper

2 lemons divided use

Fresh Ginger

3 cloves minced garlic

Extra Virgin Olive Oil

2 tbsp. unsalted butter

¼ cup white wine

1 shallot

Salt and pepper

2 carrots julienned

Preparation

Preheat oven to 400. Leave cookie sheet in oven to also preheat.

Tear off sheet of parchment paper about twice as long as salmon filet. Place salmon in middle, skin side down. Rub top of salmon with olive oil, sprinkle with salt and pepper. Mince garlic, shallot and ginger and rub on top of salmon. Place thinly sliced lemon on top of salmon. Put carrots on top and around sides of salmon. Add dollops of butter on top of salmon and vegetables. Add ¼ cup lemon juice and white wine on top and seal parchment.

Fold or staple parchment to seal, to allow salmon and vegetables to steam.

Place packet on heated cookie sheet and bake for 20 minutes.



For more information please visit - CaseyMaloneShow.com