



# En Papillote

## (Whole Baked Fish)

### Ingredients

1 Whole Large White Fish

2 tablespoons of Butter

2x Lemons

2x Oranges

2x Limes

2x Cloves of Garlic

4 Stalks of Thyme Leaves

1 Teaspoon of Dill

50mls White Wine

Parsley to Garnish

Salt & Pepper to season

# En Papillote (Whole Baked Fish)



## Method

1. Ensure your fish has been gutted, descaled and cleaned
2. Preheat your oven to 180 degrees celsius
3. Slice your lemons, limes and oranges. Cut the butter in cubes & slice your garlic.
4. In a large tray, line with foil first (touching the tray) and then line the foil with baking paper.
5. Make 3 score marks with your knife on the fish.
6. On the baking paper, line with a third of your lemon, limes, oranges and cover with some of your butter, dill and thyme (keep some butter, dill and thyme for the next step).
7. Place the fish on top of the citrus bed, and then place some more citrus slices, butter, dill and thyme in where you have just made score marks.
8. Use the rest of your citrus slices, butter, dill and thyme and place on top of your fish.
9. Place another piece of baking paper on top of the fish, then a piece of foil - seal the fish together by securing the 2 pieces of foil together.
10. Out in the over for 45-50 mins, or until flesh flakes away with a fork.
11. Once the fish is ready, then place on a serving tray and pour the juices and garnish from cooking over the top.