



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

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Recipe 135

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Mediterranean Sea Bass en Papillote

PREPARATION

- 1 - Preheat oven to 400 degrees.
- 2- Season fillets well with salt and pepper and top with a slice of lemon and a sprig of fresh thyme. Insert into parchment bag.
- 3 - In a saute pan, heat oil, then add capers, olives, garlic and tomatoes and cook a few minutes until tomatoes soften. Deglaze with white wine (may use chicken broth if desired).
- 4 - With a spoon, top fish with tomato mixture, then fold over the open edges of the parchment bag, securing with a stapler or paper clips if needed.
- 5 - Place on a rimmed baking sheet and bake for 10-12 minutes. Place packets on dinner plates and carefully tear or slice open to serve.



(photo by Marc-Henri)

INGREDIENTS

- 2 x 6-ounce sea bass fillets
- 2 slices of lemon
- 2 sprigs of fresh thyme
- 1 tablespoon olive oil
- 2 tablespoons capers, drained and/or rinsed of salt if salt-cured
- 3/4 cup mixed, pitted olives
- 2 cloves garlic, sliced thin
- 3/4 cup of grape tomatoes, cut in half
- 1/4 cup dry white wine
- Sea salt and pepper to taste
- Parchment paper or parchment bags

COOK'S NOTE:

The phrase "en papillote" refers to baking food inside a wrapping of parchment; a wonderful cooking method for many varieties of mild fish because the fish absorbs the other flavors so well. In this recipe, combining the sea bass with the mediterranean tastes of tomatoes, capers and olives makes it as delicious as it is colorful - an ideal healthy and savory summer meal.

Bon Appétit!
-George