

Sea Bass In Cartoccio

Serves

4

Ingredients

4-6oz. Filets of Striped Bass or Salmon
1 small Yellow Squash (julienne)
2 medium Carrots (peeled and julienne)
1 bulb fresh Fennel (julienne)
10 leaves Swiss or Rainbow Chard (trimmed and chiffonade)
4 branches of fresh Oregano
1 bunch Italian Parsley (chopped to 1/4 cup yield)
12 Kalamata or Gaeta Olives
1 cup White Wine
1/4 cup Extra Virgin Olive Oil
Sea Salt and Black Pepper to taste
1 Lemon zest and juiced

Cut Parchment paper into 12" squares

Preheat oven to 450 degrees F

Preparation Instructions

Season the fish fillets with salt and pepper. Mix all the vegetables in a large bowl and season and toss well. Divide the mixed vegetables into 4 portions and place one portion at a time in the center of each of the parchment paper squares. Place one of the fillets over the top of the vegetables and top off with one branch of oregano over it all. Divide the parsley, the olives and the white wine over each fish fillet and add a drizzle of olive oil. Fold up each packet and seal the edges by folding them over several times.

Bake in a 450 degree oven for 12 to 14 minutes. Open up in front of each guest and squeeze some lemon and garnish with some fennel fronds.