

ROASTED BLACK SEA BASS IN PARCHMENT

4 filets firm white fish (black sea bass, red snapper, salmon or trout)

Parchment paper

4 plum tomatoes

8 scallions

12 leaves basil

Salt and freshly ground pepper

1 tablespoon garlic bean paste
(from Asian shop or market)

4 tablespoons white wine

Vegetable oil

Balsamic glaze (see recipe)

■ Remove skin from the fish and make sure all of the pin bones have been removed. Cut parchment paper into 8-inch by 12-inch rectangles. Remove the core from the tomatoes and slice the tomatoes 1/8-inch thick. Using only the first 4 inches of the scallion, cut them in half lengthwise.

■ To assemble: Fold the parchment paper in half, like a book, and reopen it and lay it flat. Next to the fold on the right hand side, lay 4 scallion halves side by side.

■ Next, lay the fish filet (seasoned with salt and pepper) on top of the scallions.

■ Brush a light coating of garlic

bean paste on top of the fish. Then lay the tomato slices on top of the fish and insert three basil leaves between the tomato slices.

■ Sprinkle 1 tablespoon of white wine on the fish.

■ Fold the left side of the parchment over the right. Starting at the top left corner, make small angling folds, one right after the other, so the folds overlap one another. Tuck the last fold under so that the packet won't unravel. You should end up with the fish in an enclosed envelope.

■ Brush the parchment with oil to prevent burning and bake in a 400-degree oven on a cookie sheet for 5 to 6 minutes or until puffed. (Note: Will not puff if it is not folded properly.)

■ Remove the fish from the oven, slit top of paper with a knife, remove the fish and vegetable to a plate and drizzle balsamic glaze around the fish.

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BALSAMIC GLAZE

1/2 bottle balsamic vinegar

1 (4-inch) sprig rosemary

3 cloves garlic, smashed

2 to 3 tablespoons honey

■ Add vinegar, rosemary and garlic to a small pot and simmer on low-medium heat until it is about 1/4 the original quantity and very thick. Remove from

heat.

■ Take out and discard garlic. Add honey and stir. Pour into a squeeze bottle and chill until needed.

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