

Pompano en Papillote

Ingredients

1 small whole Pompano	2 tbsp chopped parsley
3 tbsp olive oil	1/2 cup fresh lemon juice
Salt and black pepper	1/4 cup chopped shallots
1/2 lb crab meat	1/2 lb cubed butter, cold
1 tbsp chopped garlic	5 springs fried parsley
1 piece of parchment	

Directions

Remove the head and dress the pompano. Wash it thoroughly with cold water, being sure to get inside the body cavity with a knife so you can score and wash out the dark spinal cord area.

Preheat the oven to 400. Season the fish with 1 tbsp olive oil, salt and black pepper. In a sauté pan, heat the remaining 2 tbsp olive oil. When the oil is hot, sauté the fish for 2 minutes on each side. Remove fish from pan.

In a mixing bowl, toss the crabmeat with the garlic. Season with salt and pepper. Spread the crabmeat mixture over the fish. Fold the parchment in half lengthwise, and place the fish on one half of the paper. Fold the remaining half over the fish and roll the edges of the paper up to seal the fish tightly in the bag. The parchment bag should form the shape of the fish.

Place the bag on a baking sheet and bake for 10-12 minutes. In a sauce pan, combine the parsley, lemon juice and shallots. Bring the liquid to a simmer and reduce by half, about 3 minutes. Whisk in the cold butter until it is incorporated. Season sauce with salt and pepper.

To serve, cut the top of the bag to expose the fish. Spoon the sauce over the fish and garnish with fried parsley.

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