



Mahi Mahi en papillote with summer vegetables

En Papillote

4 6-8oz Mahi Mahi filets
1 yellow squash cubed
1 zucchini cubed
2 medium tomatoes diced
1 fennel bulb sliced
Italian Parsley leaves
Kosher salt
Black pepper
Shallot butter (recipe below)

Shallot Butter:

2 shallots minced
1T extra virgin olive oil
Kosher salt
Black pepper
1t fresh lemon juice
2T chopped chives
¼ # unsalted butter room temp

Preheat oven to 400 degrees. Fold four large pieces of parchment paper in half & cut into heart shapes. Divide vegetables evenly by four. Place vegetables in the middle of each piece of parchment & season with salt & pepper. Place mahi mahi on top of vegetables, season with salt & pepper and top with one teaspoon shallot butter & parsley leaves. Beginning at the wider part of the heart, begin folding the paper over itself. As you move around the paper, you'll end at the pointed end of the heart, fold under. If you have trouble with the crimping, you can staple the packets shut, too. No parchment? Foil is fine, and a good way to get acquainted with the technique.

Place packets in pre-heated oven & cook for 10-12 minutes. Remove from oven & cut a small cross in the top of the packet (be careful, steam will pour out) and tear open.

Bring butter to room temperature. Preheat a small sautee pan to medium-high heat. Add olive oil & minced shallots, a pinch of salt & black pepper & cook stirring occasionally until they are soft & golden brown (about 7-8 minutes). Set aside to cool completely. Smash cooled shallots with the back of a knife to create a paste. Place the softened butter & shallot paste in a medium bowl & mix until well blended. Add lemon juice, chives & re-season with salt & pepper. Transfer butter mixture to parchment paper & form into a log. Place butter in freezer for 45 minutes to an hour. Cut off pads of butter & store in fridge. Extra butter can be stored in freezer until needed.