

Victorian Broiled Fish en Papillotes

This dish was a popular second course at a formal Victorian dinner.

Ingredients	Cooking Utensils	Serving Utensils
8 fillets of any white fish or salmon	knife and cutting board	serving plate
1/2 cup olive oil	measuring cup	serving fork
5 large shallot cloves	grater	fish plates
2 large garlic cloves	flat pan or microwave-safe dish	fish forks
1 bunch fresh parsley	large Ziploc bag	fish knives
1/4 cup white wine vinegar	slotted spoon	
1 large lemon rind	aluminum foil	
salt	teakettle	
fresh ground black pepper	plate	
	paper towels	
	mixing bowl	

This dish is seasoned to taste. Peel and mince the shallots. Peel and crush the garlic cloves. Chop the parsley and grate the lemon rind. Cover a plate with paper towels. The dish can be prepared up to this point in advance. Boil the water in the teakettle on the stove over high heat. Place the fish in a flat pan or a flat microwave-safe dish and cover with boiling water. Simmer on the stove over low heat 5 minutes or cook on high in the microwave oven 2 minutes. Using the slotted spoon, remove the fish to a plate covered with paper towels and drain thoroughly. In the mixing bowl, mix all the other ingredients. Place the mixture into a Ziploc bag along with the fish, or place the fish in the mixing bowl. Note: A very large mixing bowl is needed. Make sure the fish is well submerged in the marinade. Let the fish marinate in the refrigerator 6 to 12 hours. The longer it marinates, the better, and letting it marinate overnight is best. To cook the fish, preheat a grill or oven to broil. Place the fish in the center of a piece of aluminum foil. Make a boat of the aluminum foil by folding the two long sides together above the fish. Fold in the end pieces. Before sealing the center seam, pour in some of the marinade. Cook 6 to 8 minutes, depending on the thickness of the fish. Serve hot with some of the marinade poured over the fish.