



Grouper en Pappiotte

By Chef Veera Gaul, Ph.D.



Ingredients

4 fillets of grouper (you can use cod or any other flaky white fish if you prefer)
2 tablespoons [Basil EVOO](#) *
3-4 cloves of garlic thinly sliced
1/8th teaspoon [Chili and Black Pepper Seasoning](#) *
1 cup grape tomatoes, halved
2 tablespoons capers, drained
1/2 cup sliced olives
Salt and pepper to taste
8 teaspoon dry white wine (or chicken stock)
8 fresh sprigs of thyme
4 teaspoons unsalted butter
Lemon wedges to serve
Fresh basil micro greens to garnish

Preparation

Heat oven to 450 F

Fold four 15-inch square pieces of parchment in half. Starting at fold of each piece, draw a half a large heart shape. Cut along the lines and open.

Place a fish fillet next to the crease on each parchment piece. Season with salt and pepper

In a skillet warm the oil, sauté sliced garlic and chili and black pepper seasoning until garlic turns golden (1 minute).

Remove from heat and add tomatoes, olives, and capers. Divide the tomato mixture over the 4 fillets of fish

Top each piece of fish with 2 teaspoons of white wine or stock, 2 sprigs of thyme and a teaspoon of butter.

Fold the other half of the parchment over the fish. Starting at the top of the heart, make small tight, overlapping folds along the outside edge to seal the packet.

Place packets on a baking sheet and roast in oven for 8-10 minutes

Remove, transfer packets to plates, open and serve with a lemon wedge and toasted ciabatta bread to dip.

Notes

* I particularly love using Oil & Vinegar's [Basil EVOO](#) and [Chili & Black Pepper Seasoning](#) -- the fused flavored Basil oil has distinct, fresh and delicious flavor that is key to this recipe. The Chili and Black Pepper seasoning lends a nice touch of heat from a combination of black pepper and chili. You can substitute this with the equivalent amount of course ground pepper and chili flakes but add some additional garlic to the recipe.

Serves 4

Categories: Entrées, Seafood, Gluten-free, Basil Oil,