



## *Maine Fishermen's Forum 2006*

### *“The Pouch Principle”*

#### **Fruits of the Sea al Cartoccio**

Serves: 2-3

*1 Fish fillet (recommend Cod or other firm fish)*  
*2 oz white wine (recommend Pinot Grigio)*  
*1 Tbl Basil, Chiffonade*  
*6 Pearl Onions, peeled*  
*4 Zucchini, cut into 1/2 “ thick rounds*  
*1 can Italian stewed tomatoes*  
*6-8 Kalamata Olives pitted, cut into chunks*  
*6-8 Garlic Cloves, sliced thin*  
*2 Tbl Extra Virgin Olive Oil, prefer herb infused oil*  
*1 piece of parchment paper (fold in half on short edge)*

- ❑ **Preheat the oven to 400 degrees F.**
- ❑ Season cod fillet with salt and white pepper, then rub with olive oil. Let marinade for 30-45 minutes.
- ❑ Place fish near the center, lower half of a piece of kitchen parchment paper.
- ❑ Other ingredients are placed around the fish. Splash with wine.
- ❑ The paper is then folded over in a series of sequential folds that seals the package.
- ❑ Place on a cookie sheet in preheated oven.
- ❑ Bake until just done - approximately 10-12 minutes, depending on the thickness of fish.
- ❑ Using a meat thermometer, cook until fish reaches approx. 130 degrees. Do not overcook.
- ❑ Remove from oven to serving platter. Pull top portion off the paper. Careful. There will be LOTS of juice.
- ❑ Sprinkle with basil and drizzle with olive oil. Serve immediately



## Caribbean Shrimp Packets

Serves: 4-5

4 – 12x18” sheets of parchment paper  
1 can (15 ¼ oz) pineapple chunks in juice, drained  
1 ½ pounds of medium raw shrimp, peeled and deveined  
1 medium red bell pepper, chopped  
1 medium jalapeno pepper, seeded and finely chopped (optional)  
1 Tbl grated fresh ginger  
1 Tbl Seafood seasoning (like Old Bay)  
½ cup butter or margarine, cut into pieces  
¼ cup packed brown sugar  
1 ½ Tbl lemon juice  
Splash of Dark Rum (optional)  
Hot Cooked Rice

- ❑ **PREHEAT oven to 425°F.**
- ❑ Center one-fourth of pineapple chunks on each sheet of Parchment Paper (or Aluminum Foil).
- ❑ Arrange shrimp in even layer over pineapple.
- ❑ Combine peppers, ginger and seasoning; sprinkle over shrimp.
- ❑ Top with butter and brown sugar. Drizzle with lemon juice.
- ❑ If desired, drizzle with 1-2 Tbl Dark Rum (recommend Myers or Pussers)
- ❑ The paper is then folded over in a series of sequential folds that seals the package.
- ❑ Repeat to make four packets.
- ❑ **BAKE** 12 to 14 minutes on a cookie sheet in oven. Serve over rice.





## **Chinese Scallops**

**Servings: 4-5**

*1 pound fresh sea scallops (make sure scallops are WELL drained, pat dry)*  
*2-3 tablespoons sesame oil*  
*1-2 teaspoons cornstarch*  
*1 tablespoon chopped Chinese parsley (cilantro)*  
*2 tablespoons of sesame seeds, lightly toasted*  
*1 tablespoon thinly sliced green onions or scallion*  
*1/2 tablespoon minced fresh ginger*  
*4-5 cloves fresh garlic, smashed and minced*  
*4 tablespoons soy sauce*  
*Hot cooked rice*

- Preheat oven to 400 degrees.
- In a small, dry frypan, LIGHTLY toast the sesame seeds, until you begin to smell the oil. Remove from heat.
- Combine scallops, 1 tablespoon of the oil and cornstarch; toss gently.
- Place scallops on a piece of parchment paper.
- Combine cilantro, green onions and ginger; sprinkle over scallops.
- Fold up each packet, seal edges and cook at 400 degrees for 12-15 minutes.
- Remove scallops to a serving platter. There will be LOTS of juice.

While scallops are cooking:

- In a small skillet saute garlic in the remaining 1 tablespoon of the oil until lightly browned.
- Stir in soy sauce and pour mixture over scallops. Top with toasted sesame seeds.
- Serve immediately, spooning over hot rice.





## **Salmon Fillet en Papillote with Julienne Vegetables**

**Serves: 1-2**

*1/3 cup julienned fennel bulb  
1/3 cup julienned leeks, white part only  
1/3 cup julienned carrots  
1/3 cup julienned snow peas  
1 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
1/2 teaspoon whole coriander seed, ground fine  
1 (8-ounce) salmon fillet, bones removed  
1 orange cut into chunks with white, membrane removed  
1-2 tablespoons dry vermouth or Grand Mariner*

- ❑ Take a 15 by 36-inch piece of parchment paper and fold in 1/2 like a book.
- ❑ Draw a large 1/2 heart on paper with fold of paper being the center of the heart.
- ❑ Cut out heart and open.
- ❑ Lay fennel, leeks, carrots, and snow peas on parchment in center to 1 side of fold.
- ❑ Mix together salt, pepper, and ground coriander.
- ❑ Sprinkle vegetables with 1/2 of salt, pepper, and coriander.
- ❑ Lay salmon on top of vegetables and season with remaining salt, pepper and coriander.
- ❑ Top with the orange chunks and sprinkle with vermouth or Grand Mariner.
- ❑ Fold other side of heart over fish and starting at top of heart shape, fold up both edges of parchment, overlapping folds as you move along.
- ❑ Once you reach the end tip, twist several times to secure tightly. Place on cookie sheet and bake in a preheated 400 degree oven until just done - approximately 10 minutes, or until fish reaches 131 degrees.
- ❑ Open parchment carefully and serve for a complete meal.



Dessert –  
Stone Fruit Pouches

Servings: 4

*2 cups crushed gingersnaps*  
*4 apricots, pit removed and cut into eighths*  
*4 peaches, pit removed and cut into fourths*  
*4 tablespoons unsalted butter*  
*2 tablespoons plus 2 teaspoons sugar*  
*Pinch salt*  
*4 teaspoons lime zest*  
*2 limes, juiced*  
*4 teaspoons brandy*

- ❑ Preheat oven to 400 degrees. Cut 8 (18 by 18-inch) squares of aluminum foil.
- ❑ Lay down double thickness of foil and divide gingersnaps evenly among the 4 squares.
- ❑ Divide fruit evenly and place on top of gingersnaps. Dot with butter.
- ❑ In small bowl mix sugar, salt, and lime zest. Sprinkle sugar mixture evenly over fruit, drizzle with juice and brandy and seal packets.
- ❑ Cook in oven for 10 minutes.
- ❑ Remove from heat and open carefully, as steam inside packet is very hot.
- ❑ Serve on plates as is or spoon into shallow bowls and top with creme fraiche or ice cream.

