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.