



CANADIAN MOUNTAIN HOLIDAYS

CMH HELI-SKIING / CMH HELI-HIKING

Fresh Fish in a Bag

Get hold of a roll of parchment paper and cut four pieces to size, approximately 10" x 10".

Sauté up a couple of handfuls of thinly sliced onions, leeks, celery root, carrots, mushrooms, maybe some fennel, in a knob of butter and a sprinkle of salt & pepper.

Now here's my favourite part.....open up a crisp little Sauvignon Blanc. Add a wineglass full to the veggies along with an equal amount of water. Cover and let the veggies steam for 3-4 minutes while you add a wineglass full to your belly.

Chop up some fresh herbs (tarragon, Italian parsley, perhaps some dill...). Strain off the veggies, keeping that gorgeous juice to one side to cool. Have another glass of wine. Place a beautiful, firm, shiny 4 to 5 ounce fillet of whatever tickles your fancy (turbot, salmon, sole or even some scallops and prawns if they feel like coming out of their shells) in the middle of the parchment. Season it, throw on a nice handful of the veggies, a heavy pinch of those herbs, perhaps a little piece of butter and a good squeeze of lemon.

Fold the paper over the fish. Starting close to the fillet, fold the paper over, overlapping the fold as you go along to make a nice seal. Before you get to the end pour an ounce of the veggie-wine jus into your origami creation, which should now look like a half moon-shaped envelope ...fold over the end and staple it shut. Repeat for the other fillets. Pop the bags on a baking sheet then toss the whole lot into an oven at 450 degrees and in 10-12 minutes you'll have a masterpiece on your hands.

Slip the bags right onto the serving plates and let your guests tear into them right at the table....the aroma is out of this world.

Note: Be sure that the chairs in the dining room are set far enough apart as the guests will surely be doing backflips once "le papillote" dances across their tongues.

Serve with fine companions!