



**SIMMONS
FARM RAISED
CATFISH**

Baked Catfish in Papillotes



INGREDIENTS

2 Simmons 5-7 oz. Fillets
2 celery ribs, cut into 3-inch pieces, then cut into long strips
1 large carrot, peeled and cut into 3-inch pieces, then cut into long strips
1 medium red onion, halved then sliced
1/4 cup olive oil
2 large sheets parchment paper

3 tablespoons dry white wine
1 lemon, juiced
2 tablespoons clam juice
1 large tomato, seeded and chopped
1 teaspoon fresh thyme leaves
1 teaspoon fresh dill, chopped
1 teaspoon fresh tarragon, chopped
2 tablespoons fresh parsley, finely chopped
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper

Prep Time: 10 m

Cook Time: 15 m

Ready in: 35 m

Servings: 2

1. Preheat oven to 400° F. Bring small pot of water to boil. Add celery and carrots; cook 1 minute. Remove and place under running cold water; dry on paper towel.

2. Cut 2 sheets of parchment paper into a 20 x 20 in. square; fold in half and lightly crease. Unfold paper; lightly brush one side of each paper with olive oil. Divide celery, carrots and onion evenly into a small pile on one half of each paper. Place one fillet on top of each. Lightly fold up edges to create a small, bowl-like vessel.

3. In bowl, combine wine, lemon juice and clam juice. Drizzle each fillet with 3 tablespoons of

mixture. Place half the chopped tomato over each fillet and sprinkle half of each fresh herb over tomatoes. Season with salt and pepper.

4. Fold parchment paper over fillet and vegetables. Beginning at the creased corner, start folding the edges over one-half inch. Continue until paper is a series of tight, overlapping folds.

5. Place papillotes on large baking sheet. Bake 11 minutes or until bags are nicely puffed and slightly browned.