

Trout filet en papillote, asparagus tips, baby potatoes in lemon butter with bacon |

Recipe for 4 portions

Description

Baked fish "en papillote" (French for "in parchment") with a drizzle of olive oil and some asparagus tips is a guaranteed success. A garnish of sauteed baby potatoes with bacon and a zest of lemon.

Note

Do not hesitate to check the doneness of the fish using a thermometer, be careful not to overcook the fish.

Ingredients

Papillote

- 4 Portion(s) Salmon trout fillet
- 300 Gr Green asparagus
- 2 Clove(s) Garlic
- 100 Gr French shallot
- 4 Dash Olive oil

Potatoes

- 500 Gr Baby potatoes
- 150 Gr Onion
- 100 Gr Smoked bacon
- 1 Unit(s) Lemon
- 4 Sprig(s) Parsley
- 60 Gr Butter

Garnish

- 100 Ml Sour cream
- 10 Sprig(s) Chives
- 2 Pinch(es) Espelette pepper

Preparation

- Preparation time **30 mins**
- Preheat your at **425 F°**

Preparation

If necessary, peel the asparagus and then cut them into spears. Chop the shallots, garlic, chives and parsley. Zest and juice the lemon. Wash and cut the baby potatoes in half. Slice the bacon and onion into thin strips. Prepare 4 parchment papers (twice the size of a standard A4 sheet of paper).

Papillote

Place the asparagus spears in the center of your parchment papers and then the garlic and the shallots. Place the pieces of fish on top, season with fleur de sel (sea salt) and a generous drizzle of olive oil. Fold the parchment paper closed, aligning the edges together and then folding those down to ensure an airtight seal, then bake on a baking sheet for 8 to 12 minutes. Before removing from the oven, check doneness with a thermometer: fish is cooked when it reaches 52°C.

Potatoes

Melt the butter in a pan and add the bacon, cook for a minute. Add the onions and potatoes. Cover and stir regularly. Once the potatoes are cooked finish with the parsley, lemon juice and lemon zest.

Plating

Spread an even amount of sour cream on the bottom of your plates and sprinkle some chives on top. Put the contents of the papillote in the center of the plate then season the fish with espelette pepper. Place the potatoes nicely around the trout.

Bon appétit!