



## AROMATIC SALMON IN A POUCH

*(From "How to Cook Italian" by Giuliano Hazan)*

*Serves 4 people as a single course meal or 6 people as part of a multi-course meal*

3/4 pound fresh ripe tomato (about 1 cup diced without seeds)

3 tablespoons flat leaf Italian parsley

2 teaspoons finely chopped garlic

2 teaspoons fresh oregano

2 tablespoons extra virgin olive oil

salt

freshly ground black pepper

2 pounds skinless salmon fillet

extra wide heavy duty aluminum foil

2 tablespoons dry white wine

1. Preheat the oven to 400° on convection heat setting, or 425° on the regular bake setting.
2. Peel the tomato, remove the seeds and cut into 1/2" dice.
3. Finely chop the parsley and garlic. Coarsely chop the oregano and mix with the garlic, 2 tablespoons of the parsley, and the olive oil. Season the mixture with salt and pepper.

4. Butterfly the salmon fillet by slicing horizontally along its thicker side so that the fillet opens like a book. Spread the mixture from the previous step on the inside and outside of the salmon fillet.
  
5. Tear a sheet of aluminum foil large enough to wrap around the fish completely. When you seal the foil later there should be enough room around the fish for the steam to circulate while it cooks. Place the fish in the center and add the white wine. Spread the diced tomato over the fish and sprinkle the remaining parsley on top. Season with salt and pepper and seal the foil making sure not to leave any openings. Place the pouch on a cookie sheet and put it in the preheated oven. Bake for 25-30 minutes, depending on how thick the fish is. If you are unsure whether the fish is cooked or not, it's perfectly okay to partially open the pouch and check with a fork to see if it flakes. When it is done, gently open the foil taking care not to spill the juices. Lift it out of the baking pan and slide the contents into a serving dish. Serve at once.