



Spanish

Fish in Parchment

Parchment paper

1 pound ready-trimmed green beans, available in produce department, halved on an angle across

8 anchovy fillets, optional

4 large garlic cloves, minced

16 strips thinly sliced pimientos or roasted red pepper

1/2 cup pitted chopped good quality black olives, such as kalamata

2 pounds cod fillets Salt and pepper

4 scallions, chopped

1/4 cup flat leaf parsley, a generous handful, chopped

Extra-virgin olive oil, for generous drizzling

1 lemon, zested and juiced

Potatoes with Chorizo and Onions, recipe follows

Crusty bread, to pass at table

Preheat oven to 400 degrees F.

Rip off 4 sheets of parchment paper, each a little over a foot long.

Place 1/4 of the green beans in the center of each sheet then top with 2 anchovy fillets -- optional, 1/4 of the garlic, 1/4 of the pimiento or roasted pepper strips, chopped olives and cod or snapper portions. Season the fish with salt and pepper and top with equal amounts of the scallions and parsley. Drizzle extra-virgin olive oil liberally and equally along with lemon zest and juice evenly over the fish portions. Fold the top and bottom edges together and crease several times then crease up the ends of the packets, making a sack for each fish to cook in. Arrange the sacks on the baking sheet and place in the center of the hot oven.