

CANADIAN WALLEYE POACHED IN PAPER

Paper poached Walleye is a fabulous way to prepare this tender fish.
This low fat meal is elegant served in thee paper.

FAMILY RESTAURANT	NO
CASUAL DINING	YES
FINE DINING	YES

Ingredients	Quantity	Procedure
Canadian Walleye fillet	8 oz.	Season walleye fillet with salt and white pepper. Place mixture of julienne vegetables on one side of parchment, slightly mounded. Place walleye fillet over vegetables. Add white cooking wine, black peppercorns, garlic clove, and tarragon sprig. Begin crimp-folding paper, folding one fold over another, until the bottom fold is reached. The last fold is tucked underneath to hold secure. Use shallow baking pan, large enough to hold parchment packet. Place packet in pan in preheated oven at 425° F and bake until fish is cooked through, about 12 to 15 minutes. Carefully cut a slice through the packet and peel back paper just enough to show off fish. If desired, additional fresh tarragon may be added for garnish.
Salt and white pepper	to taste	
Carrot, julienne	1oz.	
Red onion, julienne	1oz.	
Zucchini or summer squash, julienne	1 oz.	
White cooking wine	2 Tbsp.	
Whole black peppercorns	2 ea.	
Garlic clove, crushed	1 ea.	
Fresh tarragon, sprig	1 ea.	
Parchment paper, 18" x 24"	1 ea.	
*Fold parchment paper in half and cut into a semicircle so that when unfolded it resembles a heart shape. Paper should be cut large enough so that when folded, it will amply hold fillet and vegetables.		

COSTING PROCEDURE

Walleye Fillet _____ + Remainder of Meal _____ = Total Cost _____ \$ Margin _____
Selling Price _____ Food Cost % _____

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