



The Edible Garden

Recipe featured at the
Garden-to-Table Demonstration featuring Fennel,
September 18

Greek Fish in a Packet

By: Kip Wilcox, author and chef at Moosewood Restaurant

Ingredients *Serves 2*

2 sheets aluminum foil, 12 x 24 inches
2 5- or 6- ounce firm fish fillets, or 1 10-ounce fillet, cut in half
1 cup thinly sliced fennel bulb (also called finocchio or fresh anise)
1 small tomato, sliced
8 thin slices red onion
2 tablespoons olive oil
Juice of 1 lemon or lime
1 tablespoon chopped fresh dill (or 1 teaspoon dried)
Dash of salt and ground black pepper

Instructions

1. Preheat the oven to 450 degrees Fahrenheit. Rinse the fish and prepare all of the ingredients.
2. Fold each sheet of foil over to make a double-thick square. Brush a little oil on the center of each square. Layer half of the sliced fennel, tomatoes, and onions on each square. Top each with half of the fish.
3. In a cup, combine the olive oil, lemon or lime juice, and dill and pour over the fish. Sprinkle on salt and pepper. Fold the foil into an airtight packet. Bake for 20 minutes.
4. Place the foil packets on a plate and, being careful to avoid the steam that will be released, open the foil and check that the fish is cooked.
5. With a spatula, transfer the fish and vegetables to individual serving dishes, and pour the liquid remaining in the foil over each serving.

Recipe from *Moosewood Restaurant Cooks at Home: Fast and Easy Recipes for Any Day*