

COOK'S ILLUSTRATED.COM Recipes That Work

[HOME](#) | [RECIPES](#) | [VIDEOS](#) | [MENUS](#) | [TASTING LAB](#) | [EQUIPMENT](#) | [QUICK TIPS](#) | [ASK COOK'S](#) | [BULLETIN BOARDS](#)

[Magazine Index](#)

SEARCH

GO

[New Features](#)

America's Test Kitchen

[Printer Friendly](#)

Friends: 367

Cod en Papillote with Leek and Carrots

Cod en Papillote with Leek and Carrots
Serves 4

Haddock, red snapper, halibut, and sea bass also work well in this recipe as long as the filets are 1 to 1 1/4-inches thick. The packets may be assembled several hours ahead of time and refrigerated, but they should be baked just before serving. If packets have been refrigerated for more than 30 minutes, increase the cooking time by 2 minutes. Because the fish is sealed tightly in the packet, it will continue to cook out of the oven. To prevent overcooking, open each packet promptly after baking.

- 4 tablespoons (1/2 stick) unsalted butter, softened
- 1/4 teaspoon zest from 1 lemon, then lemon cut into wedges
- 1 medium garlic clove, minced or pressed through garlic press (about 1 teaspoon)
- 1 teaspoon minced fresh thyme leaves
- Table salt and ground black pepper
- 2 medium carrots, peeled and cut into matchsticks (about 1 1/2 cups)
- 2 medium leeks, white and light green parts halved lengthwise, washed, and cut into matchsticks (about 2 cups),
- Salt and ground black pepper
- 4 tablespoons vermouth or dry white wine
- 4 skinless cod fillets, 1 to 1 1/4-inch thick (about 6 ounces each)
- 1/2 cup finely chopped green olives
- 2 tablespoons sherry vinegar
- 2 tablespoons chopped fresh parsley leaves
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons capers, chopped

1. Adjust oven rack to lower-middle position and heat oven to 450 degrees. Combine butter, zest, garlic, thyme, 1/4 teaspoon salt, and 1/8 teaspoon pepper in medium bowl. Toss carrots and leeks together in another medium bowl; season with salt and pepper.
2. Cut eight 12-inch sheets of foil; spread four flat on counter. Place pile of carrot and leek mixture in center of each piece of foil. Pour 1 tablespoon wine over each pile of vegetables. Pat fish dry with paper towels; season with salt and pepper and place on top of vegetables. Spread quarter of butter on top of each piece of fish. Place second square of foil on top of fish and tightly fold edges of foil together to seal packet (folded packets should be about 7 inches square). Place packets on rimmed baking sheet (overlapping slightly if necessary).
3. Bake packets for 15 minutes. While fish bakes, combine olives, vinegar, parsley, olive oil, and capers in small bowl.
4. Carefully open packets, allowing steam to escape away from you. Using thin metal spatula, gently slide fish, vegetables, and any accumulated juices onto plate; sprinkle with olive mixture. Serve immediately passing lemon wedges.

[Click Here](#) to view: [Assemble the Packets](#)

PDF Download



[Assemble the Packets](#)



MEMBER LOGIN

E-mail:

Password:

Submit

[Forgot Your Password?](#)
[14-Day Free Trial](#)

CooksIllustrated.com

FREE TRIAL WEB MEMBERSHIP

- 15 Years of Cook's Recipes
- Web-Exclusive Videos
- Updated Product Listings
- Menus and Shopping Lists

Enter E-Mail

GO



Yes! Send me a FREE TRIAL ISSUE of *Cook's Illustrated*.

Full Name

Address 1

Address 2

City

State

Zip Code

Email (required)

[How we use your email address](#)

Or pay now and get your FREE *American Classics Special Issue* (\$7.95 value)



FREE TRIAL OR FREE GIFT

Cook's Illustrated Magazine

**THE BEST GIFT
FOR UNDER \$25**

GIVE A GIFT



**COOK'S ILLUSTRATED
2007 ANNUAL**



NOW
SHIPPING

**SAVE
23%**

GO

Cook's Country Magazine



**FREE
TRIAL
ISSUE**

GO

THE NEW BEST RECIPE



1,000
FOOLPROOF
RECIPES

**SAVE
30%**

GO

**THE BEST OF AMERICA'S
TEST KITCHEN 2008**



NOW
SHIPPING

**SAVE
30%**

GO

[Contact Us](#) | [Media Contact](#) | [About Us](#) | [Join Our Website](#) | [E-mail Newsletters](#) | [Magazine Subscriptions](#)
[News & Events](#) | [Jobs](#) | [Web Customer Service](#) | [Magazine Customer Service](#) | [Privacy Policy](#) | [Site Map](#)