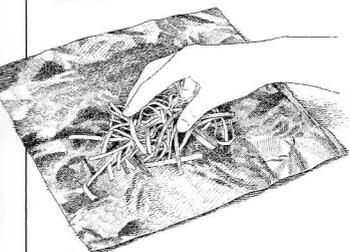
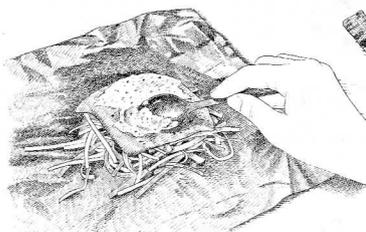


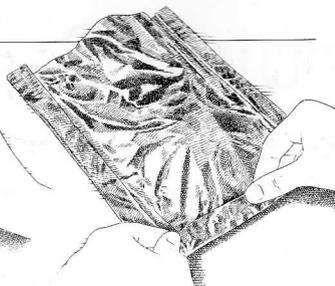
## STEP-BY-STEP | ASSEMBLING FOIL PACKETS



1. Arrange vegetables on foil first so they will be closest to heat source; drizzle with vermouth to deepen flavor.



2. Top vegetables with fish and spread compound butter or topping over it for increased richness.



3. Top with second piece of foil and crimp edges together in 1/2-inch fold, then fold over three more times to create airtight packet.

but not quite enough. What if I created a topping to flavor the fish as it cooked? A tomato, garlic, and olive oil “salsa” added kick to my zucchini variation, while compound butters flavored with garlic, herbs, and zest enlivened the others. These toppings basted the fish as it cooked and mingled with the wine and juices given off by the vegetables, leaving behind an aromatic, full-flavored sauce that perfectly complemented the fish. Each recipe was so light, fresh, and easy to prepare, it couldn’t be more contemporary.

### COD BAKED IN FOIL WITH LEEKS AND CARROTS

SERVES 4

Haddock, red snapper, halibut, and sea bass also work well in this recipe and those that follow as long as the fillets are 1 to 1 1/4 inches thick. The packets may be assembled several hours ahead of time and refrigerated until ready to cook. If the packets have been refrigerated for more than 30 minutes, increase the cooking time by 2 minutes. Open each packet promptly after baking to prevent overcooking. Zest the lemon before cutting it into wedges. See page 31 for tips on cutting the carrots and leeks.

- 4 tablespoons unsalted butter, softened
- 1 1/4 teaspoons finely grated zest from 1 lemon; lemon cut into wedges (see note)
- 2 medium garlic cloves, minced or pressed through garlic press (about 2 teaspoons)
- 1 teaspoon minced fresh thyme leaves
- Table salt and ground black pepper
- 2 tablespoons minced fresh parsley leaves
- 2 medium carrots, peeled and cut into matchsticks (about 1 1/2 cups) (see note)
- 2 medium leeks, white and light green parts halved lengthwise, washed, and cut into matchsticks (about 2 cups) (see note)
- 4 tablespoons vermouth or dry white wine
- 4 skinless cod fillets, 1 to 1 1/4 inches thick (about 6 ounces each) (see note and illustration on page 12)

1. Combine butter, 1/4 teaspoon zest, 1 teaspoon garlic, thyme, 1/4 teaspoon salt, and 1/8 teaspoon

pepper in small bowl. Combine parsley, remaining teaspoon zest, and remaining teaspoon garlic in another small bowl; set aside. Place carrots and leeks in medium bowl, season with salt and pepper, and toss together.

2. Adjust oven rack to lower-middle position and heat oven to 450 degrees. Cut eight 12-inch sheets of foil; arrange four flat on counter. Divide carrot and leek mixture among foil sheets, mounding in center of each. Pour 1 tablespoon vermouth over each mound of vegetables. Pat fish dry with paper towels; season with salt and pepper and place one fillet on top of each vegetable mound. Spread quarter of butter mixture on top of each fillet. Place second square of foil on top of fish; crimp edges together in 1/2-inch fold, then fold over three more times to create a packet about 7 inches square (see illustrations, above). Place packets on rimmed baking sheet (overlapping slightly if necessary).

3. Bake packets 15 minutes. Carefully open foil, allowing steam to escape away from you. Using thin metal spatula, gently slide fish and vegetables onto plate with any accumulated juices; sprinkle with parsley mixture. Serve immediately, passing lemon wedges separately.

### COD BAKED IN FOIL WITH ZUCCHINI AND TOMATOES

SERVES 4

- 1 pound zucchini (2 medium), ends trimmed and sliced crosswise into 1/4-inch-thick rounds
- Table salt
- 1/2 pound plum tomatoes (2 medium), cored, seeded, and chopped into 1/2-inch pieces (about 1 cup)
- 2 tablespoons extra-virgin olive oil
- 2 medium garlic cloves, minced or pressed through garlic press (about 2 teaspoons)
- 1 teaspoon minced fresh oregano leaves
- 1/8 teaspoon red pepper flakes
- Ground black pepper
- 4 tablespoons vermouth or dry white wine
- 4 skinless cod fillets, 1 to 1 1/4 inches thick (about 6 ounces each)
- 1/4 cup minced fresh basil leaves
- 1 lemon, cut into wedges

1. Toss zucchini with 1/2 teaspoon salt in large bowl; transfer to colander set over bowl. Let stand until zucchini releases 1 to 2 tablespoons liquid, about 30 minutes. Arrange zucchini on triple layer paper towels; cover with another triple layer paper towels. Firmly press each slice to remove as much liquid as possible. Meanwhile, combine tomatoes, oil, garlic, oregano, red pepper flakes, 1/4 teaspoon salt, and 1/8 teaspoon pepper in medium bowl.

2. Follow recipe for Cod Baked in Foil with Leeks and Carrots from step 2, mounding salted zucchini in center of foil, drizzling with vermouth, placing fish on top, then spooning quarter of tomato mixture over each fillet. Bake and arrange on plates as directed in step 3, sprinkling basil over fish and passing lemon wedges separately.

### COD BAKED IN FOIL WITH FENNEL AND SHALLOTS

SERVES 4

Zest the orange before it is peeled and quartered.

- 1 large fennel bulb (about 1 pound), trimmed, halved, cored, and sliced into 1/4-inch strips (about 4 cups)
- 2 medium shallots, sliced thin (about 1/2 cup)
- 4 tablespoons unsalted butter, softened
- 2 medium oranges, 1/4 teaspoon finely grated zest removed from one; both peeled, quartered, and cut crosswise into 1/4-inch-thick pieces (see note)
- 1 medium garlic clove, minced or pressed through garlic press (about 1 teaspoon)
- 2 teaspoons minced fresh tarragon leaves
- Table salt and ground black pepper
- 4 tablespoons vermouth or dry white wine
- 4 skinless cod fillets, 1 to 1 1/4 inches thick (about 6 ounces each)

1. Combine fennel and shallots in large microwave-safe bowl; cover tightly with plastic wrap. Microwave on high power until fennel has started to wilt, 3 to 4 minutes, stirring once halfway through cooking. Combine butter, zest, garlic, 1 teaspoon tarragon, 1/4 teaspoon salt, and 1/8 teaspoon pepper in small bowl. Combine orange pieces and remaining teaspoon tarragon in another small bowl; set aside.

2. Follow recipe for Cod Baked in Foil with Leeks and Carrots from step 2, mounding fennel mixture in center of foil, drizzling with vermouth, placing fish on top, then spreading quarter of butter mixture over each fillet. Bake and arrange on plates as directed in step 3, spooning orange and tarragon mixture over fish before serving.

 **COOK'S VIDEOS** Original Test Kitchen Videos

[www.cooksillustrated.com/apr09](http://www.cooksillustrated.com/apr09)

#### HOW TO MAKE

- Cod Baked in Foil with Leeks and Carrots

#### VIDEO TIP

- How do I make a parchment pouch?