

Idiot's Kitchen Recipe – Fish Cooked in Rice Paper

Recipe from www.idiotskitchen.com – Adapted from Jacques Pepin



4 (6-8 oz.) portions of Cod or similar firm, white fish (Grouper, Haddock, Mahi)

4 rice paper discs (also called spring roll discs) *found in Asian Markets and many grocery stores

1 Tablespoon fresh tarragon (optional)

2 medium shallots

2 Tablespoons fresh chives

1 clove garlic

3 Tablespoons white wine vinegar (or rice wine vinegar)

¼ cup soy sauce (or tamari for gluten free), low sodium preferred

¼ teaspoon Tabasco sauce

1 Tablespoon vegetable oil

1 teaspoon sugar

Salt & Pepper