

Idiot's Kitchen Recipe – Fish Cooked in Rice Paper

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



Ingredients:

- 4 (6-8 oz.) portions of Cod or similar firm, white fish (Grouper, Haddock, Mahi)
- 1 Tablespoon fresh tarragon, finely chopped (optional)
- 4 rice paper discs (also called spring roll discs)
- 2 medium shallots, finely chopped (about ¼ cup)
- 2 Tablespoons fresh chives, finely chopped
- 1 clove garlic, squeezed through a garlic press
- 3 Tablespoons white wine vinegar (or rice wine vinegar)
- ¼ cup soy sauce (or tamari for gluten free), low sodium preferred
- 1 teaspoon sugar
- ¼ teaspoon Tabasco sauce
- 1 Tablespoon vegetable oil
- Salt & Pepper

Cut boneless, skinless fish fillets into 4 portions of 6-8 oz. each. Choose a fish like cod that is white and flaky but also a little bit firm – about 1 inch thick. Season each fillet with salt, pepper, and chopped tarragon.

For the sauce, combine the chopped shallots, chopped chives, and squeezed garlic in a small bowl. Add ¼ cup low sodium soy sauce, 3 Tablespoons white wine vinegar, 1 teaspoon sugar, and ¼ teaspoon Tabasco sauce. Stir to combine and set aside.

Re-hydrate a disc of rice paper (spring roll paper discs) in a pan of water. Jostle the paper around in the water only about 1 minute until it is pliable but not soggy. The rice paper will continue to absorb water as you prepare the fish so better to err on the side of less soaking. Place the softened rice paper on a plate and put one portion of fish in the center of the paper. Fold up the sides to make a small packet. Repeat for the other portions of fish keeping the rice paper packets moist under a damp paper towel.

Heat 1 Tablespoon vegetable oil in a **NON-STICK** pan over medium high heat. Place the fish packets in the pan seam side down and cook until golden, about 2 minutes. Carefully turn the fish to cook the other side until golden, another 2 minutes. Remove the pan from the heat, cover, and let it rest, cooking the fish in the residual heat in the pan for 4 more minutes.

Place a spoonful of sauce on a plate. Top with a fish packet and drizzle with additional sauce.

Serves 4.

Note: The sauce will keep as a leftover but if you have more fish than you can eat in one sitting, it is better to make and cook new fish packets each time.