

## Main Course

# Fillet of Looe Day boat fish & Fowey mussels baked en papillote

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 serves

**2 people**

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## Ingredients

2 x cod fillets (or other chunky white fish)

2 x handfuls of live raw mussels (cleaned)

2 x knobs of butter

A few strands of saffron

Sea salt and cracked black pepper

Flat leaf parsley (roughly chopped)

5ml of dry white wine (we use a local Camel Valley wine but any good quality drinking wine would be OK)

Parchment paper cut into 2 x dinner plate sized circles

## How to cook it

1. Fold the parchment paper in half and on one half place a knob of butter against the fold line.
2. Sit the fish fillet (skin side down) on top of the butter and sprinkle with the saffron.
3. Arrange the mussels around the fish in a semi circle and sprinkle over the salt, pepper and parsley
4. Fold the parchment paper back over the fish and mussels to form a semi circle and crimp the edges closed (crimping is a pasty making action but essentially you are just folding the edges of the paper over on itself to seal the join) leaving a 2 cm gap at one end.
5. Into the gap pour half of the wine and then finish crimping it until it's completely closed.
6. Repeat with the second fillet.
7. Place the papillotes on a baking tray and bake in a hot oven 200°C 400°F for 20 minutes.
8. Serve the papillotes still closed on a dish style plate to catch the juice when the parcel is opened at the table.