

Monk Fish Packets

Pre-heat the oven to 400°

Slice the various ingredients

- 1) Peel the oranges. Slice them into 6 pieces each.
- 2) Take the round out with 3 jalapeños.
 - Remove the seeds and veins.
 - Slice in the long dimension into very thin julienne pieces. Take your time with these. Make the slices equal thickness.
 - When you finish slicing wash your cutting board and then wash your hands thoroughly to get rid of jalapeño hot stuff on your hands.
- 3) There are two bell peppers on your table-one red & one orange. You slice these just like the jalapeños. For each:
 - Take the round out.
 - Remove the seeds and veins
 - Slice pieces ~2 inches or so long. Make the slices very thin julienne. Take your time to make them the same thickness.
- 4) Scott already sliced the red onion into pieces 1 mm thick. Pull the slices apart into individual strands
- 5) Take the round out of the squash
- 6) Cut across the halves into slices about this thick. | |
- 7) Cut the fish into 16 pieces about 2 inches square. Very lightly sprinkle salt and pepper on them.

Build the packets

- 1) Cut 16 pieces of aluminum foil about 5 inches square
- 2) Put a small slice of butter into the middle of the foil
- 3) You're now going to build a tower.
 - a) Put a slice of potato on the foil.
 - b) Put a small bit of onion on the potato
 - c) Next put the orange slice.
 - d) Next are the peppers, some jalapeño, some red pepper, some orange pepper. Add a few slices of each.
 - e) Now comes the zucchini. Put 3 of the slices.
 - f) Very lightly sprinkle some salt and pepper
 - g) For the last thing add a small sprinkle of lemon zest
- 4) Close the packets
- 5) Put them onto the baking sheet then into the oven on the middle shelf in the oven
- 6) Cook them for 20 minutes

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Make a dill sauce while the fish packets are cooking

- 1) Finely chop the capers and add them to the jar I put on your table
- 2) Add all these ingredients:
 - a) 2T horseradish
 - b) 2T caper brine
 - c) ½ cup sour cream
 - d) ½ cup mayonnaise
 - e) ½ cup yogurt
 - f) The juice from ½ lemon to the jar.
 - g) Add 1 t dried dill to the jar.
- 3) Stir it all up well

Serve your plates

- 1) Open the packets up and flatten the foil down.
- 2) Put the packet onto a plate.
- 3) Add a spoon of the dill sauce on top of each tower.
- 4) Pat yourselves on the back for a job well done

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Shopping list

From store	From home
3 big oranges	Slice the onion on the mandolin to about 2 mm. Take this and they can add properly thin pieces to the packet
3 jalapeños	
One red pepper	Pre-cook the potatoes and then cut into ~4 mm slices
One orange pepper	
Potato	Butter
Red onion	Mix sour cream, mayo, caper brine & horseradish
Zucchini – depends on size, probably 2	Lemon squeezer
Lemon	
Sour cream	

Monk Fish Packets

Cart

Knife box

Box with knives/forks/spoons

16 small paper plates 5 inches (or so) in diameter

Cutting boards

Spatulas and rubber scrapers

Lemon zester

Small mixing bowl

Aluminum foil

Big cookie sheet 13 x 15 or so

Salt

Pepper

Dried dill