

Fish En Papillote Recipe



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En papillote (French pronunciation: [É`ìf papijÉ”t]; French for "in parchment"), or al cartoccio in Italian, is a method of cooking in which the food is put into a folded pouch or parcel and then baked.

En papillote - Wikipedia

Many species of fish are consumed as food in virtually all regions around the world. Fish has been an important source of protein and other nutrients for humans from time immemorial.

Fish as food - Wikipedia

The fish fillets or portions can go straight from the freezer into the oven once you know how to do it. The result is perfectly cooked fish every time.

How To Cook Fish From Frozen - Cook the Story

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Tarragona is an hour from Barcelona by train or car, and only a few minutes away from Reus Airport (10 km), and was once the capital of the Roman Empire here in Spain.

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