

Whole Sea Bream Cooked en Papillote



Serves 4 **Prep 20 mins**

Cooking 25 mins

Easy

Ingredients

4 sea bream, whole, gutted, scaled and cleaned
3 lemons, 2 sliced into 1 cm rounds and 1 juiced
1 small fennel bulb, finely sliced
8 rosemary sprigs
200ml white wine

1. Heat the oven to 180C/fan 160C/gas 4. Tear 4 large sheets of baking paper and fold each in half – each piece should be big enough to fit a whole fish into. Lay most of the lemons, slightly overlapping, inside the belly of each fish, followed by the fennel, a sprig of rosemary. Put a few slices of lemon and a sprig of rosemary over the top of the fish, then tie in place with some string and season with salt and pepper.
2. Put a fish in the centre of each piece of folded baking paper, then fold up the sides a little to catch the liquid. Divide the white wine and lemon juice over each fish, then scrunch the baking paper together to seal like a rough parcel. Put the parcels on a baking tray and bake for 25 minutes.