

A Sutherland Belle

Mediterranean Cod en Papillote (Fish in Parchment Paper) & Lemon Feta Potatoes

INGREDIENTS

For the Cod

- 1 large zucchini or squash, sliced
- 4 (6-8ounce) cod filets
- [Jacobsen Salt & Co. Pure Kosher Sea Salt](#)
- freshly ground black pepper, to taste
- 2 lemons, thinly sliced
- 1 large shallot, thinly sliced
- 4 sprigs fresh thyme or basil
- 20 pitted Calamata olives, halved or quartered
- 20 grape tomatoes, halved
- 2 tablespoons [Delallo Basil Flavored Extra Virgin Olive Oil](#)

For the Potatoes

- 2.5-3 pounds Yukon Gold potatoes, halved or quartered
- 1 cup chicken stock
- 1/3 cup olive oil
- 1/3 cup lemon juice
- 5 garlic cloves, finely chopped or grated using Microplane
- 2 teaspoons garlic powder
- 2 tablespoons dried oregano
- 2 teaspoons [Jacobsen Salt & Co. Pure Kosher Sea Salt](#)
- freshly ground black pepper, to taste
- 1/2-3/4 cup crumbled feta
- Garnish with lemon wedges and fresh oregano leaves

INSTRUCTIONS

For the Potatoes

1. Preheat oven to 400°F.
2. Peel potatoes and cut into halves or quarters depending on size. Place potatoes in a roasting pan with all the other ingredients. Toss well.
3. Roast for 30 minutes. Turn potatoes, and roast for an additional 25 to 30 minutes or until the liquid is mostly absorbed by potatoes or evaporated

4. Transfer potatoes to oven and roast for 35 – 40 minutes, turning once or twice, until potatoes are golden and a bit crispy on the edges.
5. Top with lemon slices, feta, and fresh oregano. Cook for 5 minutes or so to warm the feta.
6. *To crisp the potatoes (optional) transfer potatoes to a separate tray. Tilt the original roasting pan scoop off as much of the oil as you can (some juice is fine), and drizzle over the potatoes. Roast for 35 – 40 minutes, turning once or twice, until potatoes are golden and a bit crispy on the edges.*

For the Cod

1. Keep temperature at 400°F. Fold a 12×16-inch sheet of parchment paper in half, then open it. Add several slices of zucchini in the center of one half, then top with a piece of cod—season with salt and pepper.
2. Top the cod with 2 to 3 lemon slices, a few shallot slices, a sprig of thyme, 5 olives, and 5 tomatoes. Drizzle a little olive oil on top.
3. Fold the top half of the parchment paper over the bottom half, then tightly roll up the edges around the cod. Repeat this process with the other 3 pieces of cod.
4. Place the 4 parchment paper packets on a baking sheet in the oven, and bake for 14 to 18 minutes (depending on thickness), or until the cod is opaque and flakes easily with a fork.
5. Use a knife to pierce the center of each parchment packet and open it before serving.