

CAPE COD COMMERCIAL  
**FISHERMEN'S  
ALLIANCE**



### **Grey Sole In Cartoccio**

“In Cartoccio” means “in a packet.” The fish gets wrapped in tin foil with fresh vegetables and steams in its own juices in the oven or on the grill. It’s a really fun way to serve each person individually, and when you open the packet, the fragrance will make you swoon.

This recipe offers the utmost in culinary freedom. Use one grey sole fillet per person and whatever amounts of spices and vegetables you like. The important thing is just to slice the veggies really thin, so they cook. I always start with really thin slices of lemon.

Change it up every time you make it; be creative, choose a theme:

- Asian flavors with soy sauce, ginger, scallions, cilantro and bok choy;
- Italian summer with yellow and zucchini squash, cherry tomatoes and basil; or
- Spring sampler as below with fennel, leeks and seasoned, crushed tomatoes

#### Ingredients:

1 grey sole fillet per person

Olive oil

Any seasoning you like: salt, pepper, dried oregano or thyme, even a sprinkle of cayenne

½ lemon, thinly sliced

½-1 bulb of fennel, thinly sliced and washed

1-2 leeks, thinly slice the white part, and wash well

Homemade tomato sauce, or crushed tomatoes seasoned with your favorite herbs and salt

Any fresh herbs you like: parsley or basil go nicely here

White wine

#### Directions:

Preheat oven to 375 degrees. Tear square sheets of tin foil big enough to accommodate each fillet so that the foil will fold up to stand tall over the fish and crimp close so the fish cooks by steam.

Place each fillet on a tin foil square. Rub fillets with olive oil and dust with your preferred seasonings, including salt and pepper. Place thinly sliced lemons on top of the fish. Add thinly sliced fennel, leeks and a spoonful of tomatoes. Top with herbs and a splash of white wine. Crimp tin foil to seal packets. Place in oven and cook for 15 minutes, until fish is opaque. See *photos on next page*.

Step 1 – prepare fillets in tin foil:



Step 2 – fold up tin foil and crimp closed:



Step 3 – open and enjoy after 15 minutes at 375 degrees:

