
Pompano in Parchment

*Chuck Kelly, Jane Ferro, Stan Ferro (owners) - Ophelia`s Restaurant - Siesta Key, FL
Sarasota`s Chef Du Jour - 1992*

Servings: 1

1 (7 ounce) pompano fillet, center bone removed
4 cloves roasted garlic
2 tablespoons salsa cruda
1 teaspoon sweet butter
1 tablespoon white wine
1/2 sheet parchment paper
pinch salt
pinch pepper

Lay the pompano fillet in the center of the parchment paper. Top with all of the remaining ingredients.

Fold the paper in an air-tight fashion.

Bake in a 375 degree oven for 15 minutes.

To make roasted garlic: Cut off the top of a garlic bulb. Coat with olive oil. Roast for two hours in a 375 degree oven.

To make salsa cruda: In a bowl, place chopped ripe plum tomatoes marinated with olive oil, garlic, fresh basil, salt and pepper to taste. Mix well.

Seafood

Per Serving (excluding unknown items): 335 Calories; 19g Fat (53.5% calories from fat); 37g Protein; trace Carbohydrate; 0g Dietary Fiber; 99mg Cholesterol; 130mg Sodium. Exchanges: 5 Lean Meat.