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Fish a la Harry Potter

DEBBIE KOENIG

PARENTS NEED TO EAT TOO

posted: 02/07/2012, 5:34 am



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I've got a little secret for you. Lean closer... closer... You listening? OK, here it is: Brown butter is magic. Melt a dab of butter in a frying pan and keep going until the sizzling stops and the milk solids darken—you've just made a five-minute potion that'll turn the most mundane dinner into something special.

It [transforms vinaigrettes](#). Makes boring [leftovers crave-worthy](#). And sends a simple piece of fish soaring like a Nimbus 2000.

You know what else is magic? Parchment paper cooking.

When you enclose a portion of food in parchment paper (or foil) and slip it into the oven, the food steams inside the packet. The tight seal traps all the flavor inside, a little present waiting to be opened at the table. You can customize to your heart's content, making this method perfect for picky eaters. And because the food cooks in what's essentially a disposable steamer, there's practically no cleanup.

You're welcome.


Hot Topic

[Baby products you wish e](#)

Sabrina Garibian

02/08/2012, 7:12 am
[47 comments](#)

My birth club is sharing products you would invent for your baby if you could. I agreed with most of the replies few of my favorites. From cina: would kill for some sort of orga would let me stack all of these s jumpers and walkers...
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Most Popular



Parchment Paper Fish with Brown Butter & Pine Nuts takes magical brown butter and wraps it up in magical parchment, making it the uber-busy-parents-recipe. Seriously, Dumbledore himself would've had a hard time conjuring something easier. It's a riff on [Parchment Paper Chicken with Sage, Brown Butter & Sweet Potatoes](#), adapted from a handy little book of spells called [The Parchment Paper Cookbook](#). Yes! There's an entire cookbook devoted to this form of kitchen alchemy.



Parchment Paper Fish with Brown Butter & Pine Nuts

Serves 1 and multiplies nicely

6 ounces white fish (cod, haddock, tilapia, flounder, etc)
 salt & pepper
 1 tablespoon butter
 1 tablespoon pine nuts (almond slices or slivers would work, too)
 1 teaspoon lemon juice

Preheat the oven to 400°F. Tear off an 18-inch piece of parchment or foil and place on a rimmed baking sheet.

1. Sprinkle both sides of the fish with salt & pepper, then place just off-center on the parchment.
2. Put the butter in a small, stainless-steel skillet or saucepan over medium heat. Swirl it around a bit as it melts, just to keep it cooking evenly. It'll foam, and when the foam subsides the magic begins. Continue to swirl the pan occasionally, but leave it alone otherwise—just watch it, since once the color starts to change it darkens quickly. When the butter begins to smell nutty and the color is dark tan, add the pine nuts. The butter will foam up around it—just keep swirling the pan for another minute or two, until the nuts begin to toast. Remove from the heat and add the lemon juice—be careful, it will bubble pretty furiously. Pour the mixture over the fish.
3. Pull the other half of the paper over the fish. Starting at the top, make small folds, creasing as you go, folding the paper on top of itself as you work your way down and around. At the bottom, give it several firm twists. If you're nervous about it popping open, attach a paper clip (remember to use a pot holder when removing it!).
4. Bake for 12-15 minutes, until fish is translucent all the way through. Serve in packets on the plate, or transfer contents carefully.



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Kristina Sauerwein,
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Kami Bigler
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MAKE BABY FOOD: Fish is fabulous for babies—either puree with a little of the sauce (and some of the pine nuts, if you like), or serve as finger food. Take care with whole pine nuts, as they may be a choking hazard. Check carefully for bones either way.

image of poster promoting Harry Potter and the Half-Blood Prince reproduced under fair use doctrine.

Responses to Fish a la Harry Potter

1. Klgs24 says:
February 7, 2012 at 6:55 am
Sounds delish!

2. Kat says:
February 7, 2012 at 7:25 am
This sounds wonderful – can't wait to try it!

3. Ann says:
February 7, 2012 at 7:46 am
Definitely going to make this...my kids love fish and Sadie just finished reading Harry Potter! I think I will do the kid portions without nuts and the adults with. What sides would you suggest?
 - Debbie Koenig says:
February 7, 2012 at 10:26 am
Hi Ann! What good timing for Sadie... I served it with simple mashed sweet potatoes & a tossed salad—you'll definitely want some kind of starch to soak up the sauce, which is lick-the-plate good.

4. Jane Boursaw says:
February 7, 2012 at 8:41 am
Well, I HAD to click through and read this with Harry Potter in the title, and I'm glad I did! I must order a copy of Brette's book. The recipes look amazing, and bonus points for no cleanup.



DEBBIE KOENIG

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Follow Debbie via RSS

Debbie Koenig is a Brooklyn-based food writer and the author of *Parents Need to Eat Too: Nap-Friendly Recipes, One-Handed Meals...*

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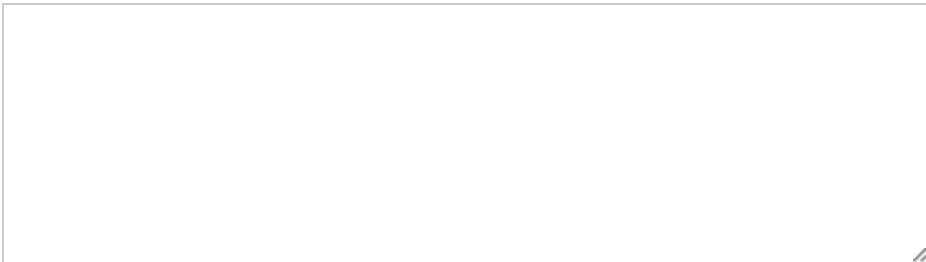
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