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Perfectly Cooked Vegetables Wrapped in Parchment

February 21, 2012

by [farmfodder](#)

Nom de plume of Francine Wolfe Schwartz

I love to cook but it's no secret I hate cleaning a stack of pots and pans. So when I received a "review copy" of **The Parchment Paper Cookbook** by Brett Sember, the subtitle "No Pots! No Pans! No Mess!" definitely caught my eye.

Baking small portions of food in folded packages of parchment paper, en Papillote (pap-pee-YOHT), is a classic French cooking technique. Once served with a flourish table side the waiter would open the puffed package releasing the aromatic steam of a perfectly cooked dish.

Don't be put off by this fancy-schmancy sounding technique. It's really quite easy. All that's involved is a roll of parchment paper that can be found on the same aisle in the grocery store as plastic wrap or foil and learning folding how-to's.

The folding method is similar to wrapping a gift. The two key points are the size of the piece of parchment paper and sealing the "package" securely. In Brette's book and on her website are easy to follow diagrams. The link to her instructions is <http://nopotcooking.com/index.php/technique>

The easy cleanup benefit is not the only reason to cook en Papillote. Think about the health benefits sealing in all the flavor and limiting added fat.

Sounds perfect for preparing vegetables cooked in their natural juices retaining all the vitamins and minerals. And remember best of all no pots to wash!

NOTE: The ingredients in all the recipes below can be easily increased for additional servings.

Recipes source: **The Parchment Paper Cookbook**

Baked Mixed Greens

Serves 2

This mix of various greens gets a spicy-sweet jolt from the fennel and orange juice. If you have other greens on hand, such as Swiss chard or collards, feel free to swap them in.

1 cup tightly packed escarole, chopped

2 cups tightly packed kale, chopped

1 cup tightly packed baby spinach

1/2 cup chopped fennel bulb

1 tablespoon olive oil

1 teaspoon red wine vinegar

1 tablespoon orange juice

Salt and pepper to taste

Preheat oven to 400 degrees F. Line a baking sheet with aluminum foil. Set aside.

Place all the greens and fennel on the parchment. Drizzle on olive oil, vinegar, and orange juice. Season with salt and pepper. Toss the ingredients with clean hands or tongs. Fold the parchment. Bake 20 minutes.

Swiss Chard with Butter and Balsamic

Serves 2

1 bunch Swiss chard (leaves and stems)

2 tablespoons butter

1 tablespoon balsamic vinegar

Salt and pepper to taste

Preheat oven to 400 degrees F.

Cut a very large piece of parchment for this recipe – at least 36-inches. (When you mound the Swiss chard, it's easier to wrangle with a bigger piece!)

Line a baking sheet with foil. Roughly chop the chard, or rip it into pieces with your hands.

Place the chard on the parchment. Dot with pieces of butter. Sprinkle the balsamic around then season with salt and paper.

Fold the parchment. Bake for 20 minutes.

Sausage-Stuffed Tomatoes

Serves 1

Prepare 1 per person as a side dish or two to enjoy as a main dish.

1 large ripe tomato

1/2 slice whole wheat bread, ripped into small pieces

1/2 teaspoon Italian seasoning

1/2 teaspoon olive oil

salt and freshly ground pepper to taste

2 tablespoons shredded part-skim mozzarella cheese

2 tablespoons Italian sausage removed from the casing.

1/4 teaspoon garlic powder (or one clove garlic finely minced)

Preheat oven to 400 degrees F. Cut a 20-inch piece of parchment paper.

Line a baking sheet with aluminum foil.

Cut the top off the tomato; set aside to use as a “lid”. Remove any stem. Scoop out the inside of the tomato reserving pulp and discarding the seeds and juice.

In a small bowl mix the pulp, bread crumbs, Italian seasoning, olive oil, salt, pepper, mozzarella, sausage and garlic. Place the tomato on the parchment. Fill with the stuffing and top with the tomato “lid”. Fold the parchment. Bake for 25 minutes.

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Donna [permalink](#)

February 21, 2012 7:22 pm

I made the baked mixed greens tonight – great idea, very tasty and absolutely no clean up! I plan to try the others this week. The dishwasher might be lonely. Brette's folding website is very helpful!

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