

Gurnard. with shiitake mushrooms and thyme en papillote

Serves 4

Ingredients

- 4 x 400g/14¼oz whole gurnard, gutted and scaled
- 1 red onion, thinly sliced
- 110g/4oz shiitake mushrooms, thickly sliced
- ½ lemon, juice only
- 8 sprigs of thyme
- dash extra virgin olive oil
- salt and freshly ground black pepper
- 2-3 drops truffle oil (optional), to serve
- rocket leaves or sprigs of watercress, to serve

Method

- Preheat the oven to 220C/425F/Gas 7. Place two baking sheets in the oven to warm up.
- Place each gurnard on individual large sheets of greaseproof paper.
- Divide the red onion and mushrooms evenly between each gurnard and scatter over the fish, squeeze over the lemon juice and add the sprigs of thyme. Drizzle each gurnard with a little olive oil and season with salt and freshly ground black pepper.
- Fold the greaseproof paper over and scrunch up the edges to seal, making an envelope around each fish (like a Cornish pasty). Make sure that the paper is sealed well and that there is still room for steam to circulate in the package.
- Transfer the paper parcels onto the preheated baking sheets and cook in the oven for 12-15 minutes, or until a metal skewer inserted through the paper and into the fish comes out piping hot after 20 seconds.
- To serve, place the parcels onto serving plates alongside a rocket or watercress salad and allow each guest to open the parcels at the table. Sprinkle the truffle oil onto the fish at the table, if using, and serve.

This recipe was taken from BBC Good Food - [Gurnard with shiitake mushrooms and thyme en papillote - By CJ Jackson](#)

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