



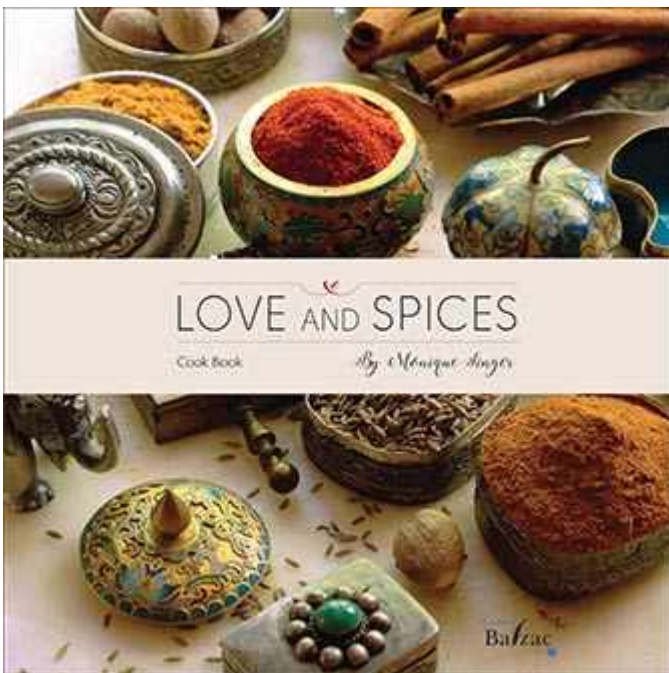
Love and Spices:  
Red snapper papillote

## Description

# An easy but impressive fish dish for company

Recipe by **Monique Singer**

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Westmount Magazine is proud to offer its readers sample recipes from [Love and Spices](#), a beautifully illustrated



cookbook by **Monique Singer**. With this new series, you will discover some unique recipes dedicated to cooking with spices, from hors d'œuvres to desserts.

Monique Singer knows how to make people talk, sing and dance spices! From her earliest childhood, alongside her grandmother and sisters, she learned how to create a delicious and original cuisine with her senses, her hands and all her love.

From her family's table to the jet-set parties she has catered in New York, Los Angeles, Venezuela, Spain, Haiti, and Asia, regardless of the set-up, function, atmosphere or style, Monique's food has left its imprint on people's taste buds.

Enjoy!

## Red Snapper papillote with herbs and spices

*A quick and easy recipe with incredible flavour, great presentation; this dish is one of my favourites. Your friends and guests will be impressed.*

Preparation time: 30 min | Cooking time: 30 to 40 min | Preheat oven to 375°F/190°C | Yields: 4 servings

- 2 lb / 1 kg red snapper
- 1 cup / 135 g black or green olives, optional
- 1 cup / 250 ml white wine
- 1/2 preserved lemon, thinly sliced
- 4 tbsp olive oil
- 2 whole garlic heads, peeled about 20 cloves
- 2 tbsp lemon, juiced
- 2 tbsp rosemary, chopped
- 2 tbsp thyme, chopped
- 6 sprigs thyme for garnish
- 2 tbsp sage, chopped
- 1 tsp black peppercorn
- 1 tsp red peppercorn
- 3/4 tbsp sea salt
- 1 tbsp allspice berries
- 1/2 tsp grain of paradise, optional
- 3 pods star anise
- 3 cloves
- A pinch of cayenne, optional

Place the red snapper in a baking dish lined with a piece of parchment paper, large enough to overlap. Season with oil, lemon juice, herbs, cayenne, all the spices, garlic cloves, preserved lemon, olives, salt, pepper, then add the wine.

Cover the fish with the overlapping parchment paper and roast for 30 to 40 minutes. Baste occasionally.

*Images: Anne Fillion*



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**Monique Singer** is a cultural creator now based in Montreal, usually found travelling the world,

experiencing other cultures and sharing what she finds most interesting. At the top of her food passion is her attraction for spices, their benefits and the distinctive flavour they bring to all dishes. [LinkedIn](#)



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