

HOW TO COOK EN PAPILOTE: STEP-BY-STEP

<http://www.dvo.com/newsletter/monthly/2004/september/remedy4.html>



First choose a piece of parchment paper, about 14 x 18inch. Fold it in half and use scissors to cut it into a heart-like shape.



Lay the parchment open, and brush it lightly with butter or oil.



Position your food in the center of one of the sides of the heart. Fold the other half of the paper over, and starting at the V of the paper, fold about an inch back to make a very tight narrow fold. Continue to make tight, triangular shaped folds along the edge of the paper, about every 3/4 inch. Run your thumb over each fold, to make sure that the edges are tightly sealed. Continue folding over the edges, around the heart until you come to the tip of the heart. Twist off the ends of the paper to seal it off



Bake right away or refrigerate until ready to cook.



Enjoy!