

Sicilian Baked Salmon

Serves: 4 to 6

Ingredients:

2 to 2.5 pounds whole salmon fillet, skinless

Kosher salt

Black pepper

1 tablespoon capers

1 anchovy

1 tablespoon extra-virgin olive oil

¼ cup yellow onion, grated or very finely chopped

1 clove garlic, finely minced

¼ teaspoon crushed red pepper

1 14.5-ounce can diced tomatoes or 1 pint grape or cherry tomatoes (quartered)

1 cup chicken stock or water

1 tablespoon lemon juice

½ teaspoon dried oregano or 1 sprig fresh oregano

½ teaspoon dried basil or 1 sprig fresh basil

Directions:

Preheat the oven to 400 degrees and grease the bottom and sides of a 9x13 casserole dish with oil.

Rinse the side of salmon under cold water and pat dry with a paper towel. Place the salmon in the casserole dish and sprinkle the top with kosher salt and black pepper.

Use a mortar and pestle, or a wooden spoon and a small bowl, to mash the capers and anchovy together until well combined and a paste forms; set aside.

In a medium frying pan, heat the olive oil over medium heat. Add the grated onion and cook on medium-low heat, stirring frequently, until the edges just start to brown, about 2 minutes. Stir in the garlic and crushed red peppers. Continue to cook over medium-low, stirring often, until fragrant but not browned, about 2 minutes.

Add the mashed caper/anchovy mixture and cook over medium low heat for 2 minutes, stirring often. Add the diced tomatoes and increase to medium heat. Stir to combine and cook for 5 minutes, stirring occasionally.

Add the chicken stock and lemon juice and bring to a boil over medium-high heat. Reduce to low and add the thyme and basil. Simmer gently over low heat for 5 minutes, stirring occasionally. Remove from heat and discard the herb sprigs, if using fresh herbs.

Pour the mixture over the side of salmon and bake in the center of the oven, until the salmon is fully cooked and opaque on the inside, about 18 to 20 minutes. You can insert a meat thermometer into the thickest part of the salmon to ensure that it has an internal temperature of at least 145 degrees.

Remove the salmon from the oven and divide it into individual portions. Serve over long pasta noodles (like spaghetti or linguini) or your favorite grain (rice, quinoa, farro, barley).

To store: the tomato topping can be prepared up to 2 days in advance and added just before baking. Leftovers can be refrigerated for 3 to 4 days.