



Salmon & Melting Cherry Tomatoes



Ingredients:

- Good olive oil
- 1 cup chopped sweet onion, such as Vidalia
- 2 teaspoons minced garlic (2 cloves)
- 2 cups (1 pint) cherry or grape tomatoes, halved through the stem
- Kosher salt and freshly ground black pepper
- 1 ½ tablespoons good balsamic vinegar
- 1 ½ tablespoons julienned fresh basil leaves
- 1 (2-pound) salmon fillet, cut crosswise into 4 pieces

Method:

1. Preheat the oven to 425F.
2. Heat 3 tablespoons of the olive oil in a medium (10-inch) sauté pan or a Le Creuset Dutch oven. Add the onion and sauté over medium-low heat for 5 minutes, stirring occasionally, until very tender but not browned. Add the garlic and sauté for 1 more minute. Stir in the tomatoes, 1-teaspoon salt, and ½-teaspoon pepper and cook over medium-low heat for 10 to 15 minutes, stirring occasionally, until the liquid evaporates and the tomato sauce thickens slightly. Off the heat, stir in the vinegar and basil.
3. Meanwhile, place a large (12-inch) cast-iron pan over high heat for 5 minutes. Brush the salmon all over with olive oil, sprinkle liberally with salt and pepper, and place it skin side up in the pan. Cook the fish for 3 to 4 minutes without moving them, until browned. Turn the salmon skin side down with a small metal spatula and transfer the pan to the oven for 8 minutes. (The salmon will not be completely cooked through). Remove the fish to a serving platter, cover with aluminum foil, and allow to rest for 5 minutes.
4. Reheat the tomatoes, season to taste, and serve hot, warm, or at room temperature along with the salmon.