

Pan Roasted Fish in Tomato Sauce

Ingredients

1-2 tbsp good quality olive oil
1 medium onion, sliced thin
Salt
1-2 cloves garlic, minced or passed through a garlic press
2 cups of chopped vine tomatoes or quartered cherry tomatoes
½ cup dry white wine
½ cup pitted green olives (see notes)
Crushed red pepper flakes
2-3 6-oz portions of lean, white fish (see notes)
2 tbsp organic, pasture-raised butter
Parsley and/or cilantro to garnish

Preparation

1. Heat oil in a large pan over medium heat
2. When the oil is hot, add in the onion, season with salt, and sauté until soft (about 5 minutes)
3. Add garlic and sauté for 30 more seconds, stirring constantly, to keep the garlic from sticking to the pan
4. Add in the tomatoes and sauté until they become soft and start to release juice
5. Add wine, olives, and red pepper flakes.
6. Reduce heat so mixture is at a low simmer and gently place in the fish on top of the sauce. Cover with a lid and simmer for 10 minutes.
7. If your fish portions are thick (1" or more), flip them over and simmer an additional 4 minutes. Otherwise proceed to next step
8. Check fish for doneness. When ready, transfer it to a clean plate
9. Add butter to the sauce, turn the heat up to medium, and cook the sauce until it thickens
10. Pour sauce over the fish. Garnish with parsley/cilantro

Notes

You can experiment with different kinds of fish for this recipe. My preference is to use skinless filets of turbot, halibut, cod or monkfish. The milder the fish, the better it will work with the complex flavors of the sauce

I recommend using whole, pitted green olives from the deli bar at your grocer. Castelvetrano or Greek green olives work well. The olives should be mildly salty, without an overpowering vinegar taste. Caper berries work well too (the large ones with stems) as long as they don't have a strong vinegar taste.

If the olives/caper berries are too salty/vinegary, you can make them taste milder by rinsing under clean water.

If the sauce gets too thick, you can thin it down by adding more wine. If it's too runny, just cook a bit longer and it will thicken.