

Salmone alla Siciliana

(Sicilian style Salmon)

This is a Sicilian dish and is typically made with swordfish however; salmon is a sustainable fish and easily holds its own in this recipe. The delicate flavor of the fish creates a nice contrast with the more pronounced flavors of the bell pepper, tomato, olives and capers.

Ingredients

- 4 pieces of salmon (3-4 oz. size)
- ½ cup white wine
- 1 small white onion, thinly sliced
- 3 cloves garlic, chopped
- 1 large green or red bell pepper, sliced into 1” strips
- 1 tablespoon capers
- 8 roma tomatoes, quartered
- 12 green olives, smashed or sliced
- 2 T fresh oregano or 1T dried
- 2 tablespoons extra virgin olive oil
- Salt and Pepper to taste
- 1-Lemon, sliced

To prepare

Place large pan onto medium high heat and add evoo; add onions and garlic and sauté until translucent; now pour in half of the wine and add peppers and tomatoes, cook until peppers begin to soften; Lightly salt and pepper fish on both sides and arrange so that the flesh is in contact with the pan and surrounded by the ingredients.

Gently turn fish when it is cooked about half way and add the remaining wine, the capers, oregano and the olives. Place lemon slices over the fish and other ingredients. Cover and lower the heat to low medium; cook until fish is done (about 8 minutes) and easily flakes.

Serve the Salmone alla Siciliana with a sprinkling of oregano and a drizzle of olive oil.

