

Tomato-Poached Fish with Chile Oil and Herbs

Servings: 4

Source: Alison Roman, New York Times, June 19, 2019

Ingredients

- ¼ cup olive oil, plus more for drizzling
- 4 cloves garlic, thinly sliced
- 1 small shallot, thinly sliced
- 1 tsp red-pepper flakes
- 1 lb cherry tomatoes, halved
- kosher salt and pepper
- 1 tsp fish sauce, optional
- 1¼ lb cod, halibut, or fluke, cut into 4 equal pieces
- 1 cup cilantro, tender leaves and stems
- ½ cup mint leaves, tender leaves and stems
- limes, halved, for serving
- tortilla, toast, or rice, for serving, optional

Method

1. Heat the olive oil in a large skillet (one with a lid) over medium-high heat. Add the garlic and shallots and cook, swirling the skillet constantly, until they start to toast and turn light golden brown, 2 minutes or so. Add the red-pepper flakes and swirl to toast for a few seconds. Remove from heat and transfer all but 1 tbsp of the chile oil to a small bowl.
2. Add the tomatoes to the skillet and season with salt and pepper. Cook, tossing occasionally, until they burst and start to become saucy and jammy, 5 to 8 minutes. Add the fish sauce (if using) and 1½ cups water, swirling to release any of the bits stuck on the bottom of the skillet.
3. Cook until the sauce is slightly thickened but still nice and brothy, 3 to 5 minutes. Season with salt and pepper.
4. Season the fish with salt and pepper and gently lay the pieces in the brothy tomatoes. Cover the skillet and cook until the fish is opaque and just cooked through, 4 to 6 minutes (slightly longer for a thicker piece of fish, like halibut).
5. To serve, transfer the fish and brothy tomatoes to a large shallow bowl, or divide among four bowls. Drizzle with the reserved chile oil, more olive oil, and the crispy shallot and garlic. Top with cilantro and mint, and serve with limes for squeezing over the top. Serve with tortillas, toast, or rice, if you like.