

Poached Salmon in Ravigote Sauce.

Serves 4

Sauce

2 plum tomatoes (5 ounces total), halved, seeded, can cut into ¼ inch pieces (¾ cup)

1 tablespoon drained capers

2-3 scallions, trimmed (leaving some green) and chopped (1/3 cup)

1/3 cup chopped onion, rinsed in a sieve and drained

2 garlic cloves, crushed and chopped

1/3 cup coarsely chopped fresh parsley

½ teaspoon salt

¼ teaspoon freshly ground black pepper

2 tablespoons fresh lemon juice

4 skinless salmon fillets (about 5 ounces each and 1 ½ inches thick)

For the sauce: Mix all the ingredients together in a small bowl. Set aside.

Bring 3 cups of salted water to a boil in a large stainless steel saucepan. Add the salmon to the pan and bring the water back up to a boil over high heat.

Immediately turn off the heat, or slide the pan off the heat if using an electric stove, and let the salmon steep in the hot liquid for 5 minutes. (The salmon will be slightly underdone in the center at this point; adjust the cooking time to accommodate thicker or thinner fillets.)

Remove the fillets from the liquid with a large spatula or skimmer, drain them well, and place on four warm plates. Sponge up any liquid that collects around the fillet with paper towels, and then spoon the sauce over and around the fillets and serve.