

— AMERICA'S —
TEST KITCHEN

Salmon Peperonata

YIELD Serves 4**TIME** 55 minutes

Why This Recipe Works

For a quick weeknight meal, we leaned on a quiet hero of Italian cuisine: peperonata. Made from sweet bell pepper, onion, garlic, and tomato stewed in extra-virgin olive oil until meltingly soft, this sauce can be served in myriad ways. We paired this mild, sweet vegetable mélange with rich, quick-cooking skinless salmon fillets. First we sliced up two bell peppers and an onion, crushed six garlic cloves, and added them all to a skillet with lots of olive oil. We covered the skillet and cooked the mixture until the peppers and onion were soft. Next we added a can of diced tomatoes along with some capers and red pepper flakes and cooked the mixture down until it came together as a thick condiment. Then we nestled the salmon into our peperonata, covered the skillet, and let the magic happen. As the flavors of the peperonata and salmon mingled, the peperonata gained richness from the salmon and the salmon picked up a subtle sweetness from the vegetables. Lemon juice perked up the dish, and a sprinkle of basil added freshness. More pepper flakes brought on a little extra heat, and a drizzle of olive oil rounded out the flavors.



Gather Your Ingredients

Before You Begin

- * To ensure uniform pieces, we prefer to purchase a whole center-cut salmon fillet and cut it into four equal pieces. Alternatively, you could purchase four 6- to 8-ounce

- ☐ **1** (2-pound) skinless center-cut salmon fillet, 1 to 1½ inches thick
- ☐ **1¾** teaspoons table salt, divided
- ☐ **1** teaspoon pepper
- ☐ **¼** cup extra-virgin olive oil, plus extra for drizzling
- ☐ **1** red bell pepper, stemmed, seeded, and cut into ¼-inch-wide strips
- ☐ **1** yellow bell pepper, stemmed, seeded, and cut into ¼-inch-wide strips
- ☐ **1** onion, halved and sliced ¼ inch thick
- ☐ **6** garlic cloves, crushed and peeled
- ☐ **1** (14.5-ounce) can diced tomatoes
- ☐ **2** tablespoons capers, rinsed, plus extra for sprinkling, plus 4 teaspoons brine
- ☐ **¼** teaspoon red pepper flakes, plus extra for sprinkling
- ☐ **1½** teaspoons lemon juice

skinless fillets of similar thickness. The most accurate way to assess the doneness of the salmon is with an instant-read thermometer.

Instructions

- 1.** Cut salmon crosswise into 4 equal fillets. Pat salmon dry with paper towels and sprinkle with ¾ teaspoon salt and pepper.
- 2.** Heat oil in 12-inch nonstick skillet over medium-high heat until just smoking. Add bell peppers, onion, garlic, and remaining 1 teaspoon salt. Cover and cook, stirring occasionally, until vegetables are soft, about 10 minutes.
- 3.** Stir in tomatoes and their juice, capers and brine, and pepper flakes. Continue to cook, uncovered, until slightly thickened, about 5 minutes longer. Season with salt and pepper to taste.
- 4.** Reduce heat to medium-low. Nestle salmon into peperonata, skinned side down. Cover and cook until centers of fillets are still translucent when checked with tip of paring knife and register 125 degrees (for medium-rare), 10 to 15 minutes.
- 5.** Drizzle lemon juice over salmon. Sprinkle with basil and extra pepper flakes. Serve, drizzled with extra oil.

☐ ¼ cup chopped fresh
basil