Idiot's Kitchen Recipe – Poached Salmon with Scalloped Tomatoes

Recipe from www.idiotskitchen.com - Adapted from food.com

Ingredients:

2 (6-8 oz.) skinless salmon fillets (sockeye or other wild caught salmon recommended)
½ cup white wine
Pinch dried oregano
2 cloves garlic, pressed or finely chopped
½ lemon, juiced
3 Tablespoons olive oil, divided (1 T for fish, 2 T for topping)
¼ medium onion, thinly sliced
1 tomato, sliced
½ cup panko or GF breadcrumbs (see note in recipe)
1 Tablespoon (approx.) fresh thyme leaves or parsley (lemon thyme is especially good)
Salt & Pepper

Preheat the oven to 450 degrees.

Choose a baking dish that is just big enough to comfortably hold the portions of fish. Pour ½ cup of dry white wine into the bottom of the dish. Place 2 portions of skinless salmon in the pan and season lightly with salt, pepper, and a pinch of dried oregano.

Press or finely chop 2 cloves of garlic and sprinkle them over the fish. Sprinkle the juice of ½ of a lemon and 1 Tablespoon of olive oil over the top. Divide as equally as you can but you don't have to measure or be exact.

Top each piece of salmon with several pieces of thinly sliced onion and 2 slices of fresh, ripe tomato.

In a small bowl combine ½ cup of panko or GF breadcrumbs and 2 Tablespoons olive oil. Toss to combine. Note: to make quick homemade breadcrumbs (regular or Gluten Free), put 2 slices of bread in the toaster and get them very golden brown and fairly dried out. Break into pieces and grind in a food processor or blender. For this recipe, you want fairly coarsely ground crumbs - not too fine and powdery.
Top the tomatoes with the breadcrumb mixture dividing it equally between the 2 servings. Top the breadcrumbs with a few leaves from fresh thyme or 1 Tablespoon finely chopped parsley.

Bake at 450 degrees for 10 minutes, until the topping is golden and the fish flakes easily.

Serves 2 but is easily expanded.