

Baked Trout with Red Pepper, Cherry Tomato, and Caper Sauce

Recipe 177 of 365

It's a mouthful of a title, but the flavors are actually quite simple: tender fresh trout, baked on top of a vegetable compote made from shallots, peppers, tomatoes, capers, cilantro, and a good slosh of white wine. If you can't find trout in your area, substitute any fish with firm, white flesh (halibut, cod, or bass would be delicious).

This is a chop-as-you-go recipe – no need to prepare all the ingredients ahead of time.

**If you don't have an ovenproof skillet, just transfer the vegetables from your skillet to a 9" x 13" baking dish before adding the fish.*

TIME: About 45 minutes total cooking time

MAKES: 4 servings

2 tablespoons olive oil, divided
3 large shallots, finely chopped
Salt and freshly ground pepper
2 red bell peppers, chopped
2 serrano chili peppers, finely chopped
1 pint grape tomatoes, halved
1 cup dry white wine
1/2 cup (packed) finely chopped cilantro
1/2 cup capers
2 whole trout (about 2 pounds), gutted, heads removed, rinsed and patted dry

Preheat the oven to 400 degrees.

Heat a large ovenproof skillet over medium heat. When hot, add 1 tablespoon of the oil, then the shallots, and season with salt and pepper. Cook for about 5 minutes, stirring occasionally. Add both kinds of peppers, and cook another 5 minutes, stirring. Add the tomatoes, season again with salt and pepper, and cook an additional 15 minutes, or until the tomatoes begin to give up their juices.

Increase the heat to high. Add the wine, and simmer for 3 minutes. Stir in half the cilantro and the capers. Place the fish (whole, skin on) on top of the vegetables, drizzle with the remaining tablespoon of olive oil, and season with salt and pepper. Bake for 12 to 15 minutes, or until the fish is opaque in the center. Sprinkle the remaining cilantro on top of the fish, and serve the filets immediately, topped with the vegetables.