

Olive Oil Poached Salmon with tomatoes and rosemary

Using this [salmon poaching technique](#), you can create a supremely simple lunch or dinner that's also good for you. You will need to use quite a lot of olive oil, so be sure to choose an everyday bottle rather than a fancy finishing oil. FYI: This dish tastes just as good cold the next day, or you can fit the leftovers in this [salmon sandwich](#).

Adapted from Marco Canora's *Salt to Taste* from [this recipe](#) in the *New York Times*

Makes 2 lunch servings (or 3, if you really want to stretch it)

3 sprigs thyme
1 sprig rosemary, stripped
3 cloves garlic, peeled and smashed
2 cups olive oil
3/4 pound skin-on salmon fillet (I used wild Alaskan sockeye), seasoned on both sides with salt and pepper
2 big handfuls cherry tomatoes

Place the herbs, garlic, and olive oil in a 10-1/2 inch nonstick skillet. Heat the oil to a very gentle bubble over medium-low heat (take its temperature if you can -- it should be around 180 degrees). Slide in the salmon, cover, and cook gently on very low heat for about 4 minutes. Carefully add the tomatoes, cover again, and finish cooking until the fish is just opaque, about 10 minutes longer, keeping the heat as low as possible.

Serve immediately, drizzled with some of the poaching oil, or let the fish stand in the oil, uncovered and off heat, for about 10 minutes while you toss a salad or set the table. After serving, cool any leftovers to room temperature, then store the salmon and olive oil together in the fridge.