**Grouper Pot Roast**

3 tablespoons olive oil

1 onion, thinly sliced

2 sprig fresh thyme

Sea salt and freshly ground black pepper

1 tablespoon unsalted butter

1 (21/2-3 pound) skinless grouper fillet (about 1 inch thick)

½ pint (1 cup) cherry tomatoes cut in half

1 cup white wine

¼ cup chopped fresh parsley

8 fresh basil leaves, thinly sliced

Preheat oven to 375 degrees

Heat 2 tablespoons of olive oil in a large, ovenproof nonstick skillet over medium high heat until sizzling hot. Add onion and thyme, season with salt and pepper to taste, reduce the heat to low. Cook, stirring often, until caramelized, about 20 minutes. Remove from skillet, discarding the thyme sprigs and set aside.

Add butter and remaining olive oil to skillet in which the onions were cooked and heat until sizzling hot over medium high heat. Season both sides of the fish with salt and pepper to taste and slide into skillet flesh side down. Scatter the tomatoes around the edges of the skillet and fish. Reduce the heat to medium and cook fish, undisturbed, until it becomes golden in places and lifts easily from the pan, about 4 minutes (longer of sticking). Gently stir tomatoes occasionally so the cook on all sides. Flip the fish over and turn off heat. Add wine and scrape up any bits stuck to the skillet around the fish. Spoon onions on top of and around the fish.

Place the fish in the oven and bake until flaky but not dry 12 to 15 minutes. Transfer the to platter and spoon tomatoes, onions and broth over it. Sprinkle with parsley and basil and serve warm. Serves 6-8