Cod With Sweet-and-Sour Tomato Sauce

[**MOLLY O'NEILL**](http://cooking.nytimes.com/search?q=Molly+O%27Neill)

* Four servings

* **1** **teaspoon olive oil**
* **2** **small onions halved and thinly sliced**
* **2** **1-pound cans plum tomatoes drained (liquid reserved) and finely chopped**
* **½** **teaspoon grated orange zest**
* **3** **tablespoons fresh orange juice**
* **2** **tablespoons Madeira**
* **¼** **cup raisins**
* **2** **tablespoons balsamic vinegar**
* **1** **tablespoon honey**
* **¼** **teaspoon ground cinnamon**
* **2** **teaspoons salt**
* **Freshly ground pepper to taste**
* **2** **tablespoons toasted slivered almonds**
* **4** **4-ounce cod fillets**
* **2** **tablespoons minced scallions**

Nutritional Information

PREPARATION

1. Heat the olive oil in a large nonstick skillet over medium heat. Add the onions and turn the heat to medium-low. Cook until completely wilted and browned, about 10 minutes. Add the tomatoes, 1/2 cup of the reserved liquid, orange zest and juice, Madeira, raisins, vinegar, honey, cinnamon, salt and pepper. Simmer for 25 minutes.
2. Stir in the almonds. Place the cod in the skillet and cover with the sauce. Simmer until just cooked through, about 10 minutes. Carefully transfer the fillets to plates using a wide spatula. Spoon some of the sauce over the fish, sprinkle with the scallions and serve immediately.