



White Miso Glazed Salmon with Fried Rice, Baby

Carrots, and a Scallion Sauce

SERVES 4

PREP TIME 25 min

COOK TIME 15 min

Ingredients

- 4 each six ounce piece of salmon
- 3 tablespoons pale (shiro) miso paste
- 2 tablespoons mirin
- 1 tablespoon sugar
- 1 tablespoon saké (optional)
- 2 tablespoons canola oil
- 12 each baby carrots
- ¼ cup chopped shallots
- 2 teaspoons chopped garlic
- 8 each grilled scallions (chop after grilled)
- ½ cup white wine
- ½ cup vegetable stock
- 1 cup heavy cream
- ½ each lemon juice
- 1 tablespoon butter
- ½ cup rice
- 1 cup vegetable stock
- 1 tablespoon sesame oil
- ½ tablespoon soy sauce
- ½ tablespoon parsley
- 1 each scrambled egg

Directions

Miso Salmon

Whisk together miso, mirin, sake, and sugar. Then marinated the salmon in the miso for one hour. Next heat a sauté pan on medium high heat with two tablespoons of canola oil. Add salmon to pan and cook until nice and brown on each side. Finish in a 325 degree oven for 4 minutes. Remove from oven and serve hot.

Fried Rice

Simmer the rice and one cup of rice in a pot on low heat for 20-25 minutes. When fully cooked spread out on a sheet pan and cool down completely. Next heat a heavy bottom pot on medium heat with sesame oil. First add garlic and cook for one minute. Next add cooked rice, soy sauce, egg, parsley, and 2 tablespoons of grilled scallions. Cook on medium low heat for three minutes. Serve warm.

Scallion sauce

Heat a heavy bottom pot on medium heat with one tablespoon of canola oil. Add shallots and garlic and cook for three minutes. Now add ½ the scallions and white wine. Reduce wine until almost dry. Add vegetable stock and reduce until almost dry. Next turn heat down to low heat and add heavy cream. Reduce cream by one quarter. Remove from heat and add to a blender. Add lemon juice, butter, a pinch of salt, and blend until smooth. Serve hot.