

Miso Salmon

This recipe I learned from my mom. My mom loves Japanese products, during her up growing she was exposed to a lot of Japanese culture and tradition. Therefore, we got used to many of the Japanese food and cooking.

Ingredients:

1/3 cup of miso paste (it can be white or red)

1/4 cup of cooking wine

1/2 tablespoon sugar

1/2 teaspoon salt

1 teaspoon finely chopped ginger

1/4 cup water

4 fillets of fresh wild salmon



Method:

In a small pot whisk all the ingredients together except the salmon. Make sure that you mix well, dissolving all the miso. Cook in medium heat until boil. Set in a side to let it cool down.

Rinse the salmon in water and pat dry in a paper towel.

Marinate the salmon with the miso paste (make sure that the paste is totally cold) in the refrigerator overnight (the longer you marinate the better it will taste).

Gently rinse off the miso paste from the salmon and pat dry in a paper towel. Pan-fry by adding the salmon fillet in a 1 tablespoon of heated olive oil. Cook both sides by turning carefully (it breaks easily) until brown color.

Transfer to a serving plate and garnish with cilantro.

Remember the Israeli couscous that I shared last week? Below is the Miso Salmon with it!



If you like, you can prepare in advance and freeze the salmon fillets after been marinated overnight. To cook, just thaw the salmon fillets in the refrigerator overnight or under running water for approximately 20 minutes.



Did you know that miso is a product produced by the fermentation of soybeans? It can be made of rice or barley as well, but typically of soybean. Miso is a traditional Japanese food which has gained world-wide interest. It is usually very salty, therefore it is used for sauces, pickling vegetables or meats, or to make miso soup by mixing dashi (mixture of edible kelps and shaved dry tuna fish – we can elaborate more next time).

Thank you for stopping by Simple Recipes and have a great week!