

Miso Glazed Wild Salmon

Chef John Hughes

The GYPSY KITCHEN

www.the-gypsy-kitchen.com

Servings: 2

2 Portions Wild Salmon (6-ounces Each)

1/2 Tablespoon Sesame Seeds

1 Tablespoon White Miso Paste (actually Light Orange-gold in Color)

1 Tablespoon Rice Wine

1/2 Tablespoon Low Sodium Soy Sauce

1/2 Tablespoon Ginger, grated

1 Tablespoon Fresh Cilantro, finely chopped

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In a small skillet over medium heat, toast the sesame seeds until just golden in color, 2-3 minutes.

In a small mixing bowl, combine the miso, rice wine, soy sauce and ginger and whisk well to incorporate.

Place the salmon fillets in a zip-lock plastic bag and add the miso glaze. Entirely coat the salmon with the glaze and set in refrigerator for at least one hour (up to three hours).

Preheat oven to 350F. Place the salmon fillets skin side down on non-greased baking sheet and place on center rack of oven - (reserve the miso glaze). Cook for 5 minutes, then coat the tops of the salmon with more of the miso glaze. Continue to bake for another 5 minutes, or until fillets are cooked throughout (nice whitish-pink color).

Remove from oven, brush with a little more of the mizo glaze, garnish with the chopped cilantro and serve.

Per Serving (excluding unknown items): 245 Calories; 8g Fat (29.7% calories from fat); 36g Protein; 5g Carbohydrate; 1g Dietary Fiber; 88mg Cholesterol; 578mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 0 Vegetable; 1/2 Fat.