

Pan Roasted Asian Salmon

Gary Hild, Executive Chef, Unity Village

Serves: 2 servings

Marinade ingredients:

¼ cup Ginger, fresh chopped
2 Tsp. Garlic, fresh chopped
½ cup Soy Sauce
½ cup Brown Sugar
¼ cup Red Wine Vinegar
3Tsp. Sesame Oil
1Tsp. Red Pepper Flakes

Ingredients:

2 6oz. Portions Fresh Skinned Salmon Filet, bones removed
Kosher salt
Freshly Ground Black Pepper
2 Tbsp. Extra Virgin Olive Oil
8oz. Fresh Mushrooms, sliced
2 cups Broccoli Slaw, available in most grocery produce departments
½ cup Basil, fresh chopped
2 Tbsp. Cilantro, fresh chopper
Juice of one Lime
2 cups Basmati or Jasmine Rice, cooked

Method:

Prepare the marinade but reserve back ½ of the ginger and garlic. Marinate the fish for about 1 hour. Remove and season with salt and pepper, sprinkle with remaining ginger and garlic. Heat 1 Tbsp. of the olive oil in a skillet until very hot, add the fish ginger and garlic side first. Brown the fish to golden brown. Turn the fish over, add ½ cup marinade and place in a 350° oven for about 6 minutes. While the fish is in the oven preheat another skillet and sauté the mushrooms in 1 Tbsp. of olive oil; when the mushrooms are done add the basil and broccoli slaw and season with a little salt and pepper. Continue for about one minute. Remove the fish from the oven. Internal temperature should be 135°. Place the stir-fried slaw on the plate and put the fish on top. Place the marinade on the stove top and reduce for about one minute. Then pour sauce over fish. Sprinkle with the cilantro and squeeze fresh lime on top. Serve with your favorite rice.