

# Easy Miso-Broiled Salmon

This omega-3 rich salmon entrée is not only tasty, but takes only minutes to prepare a sure-fire hit for guests! Leaving the skin on the salmon and coating the fillet side with miso helps to prevent moisture loss under high heat of broiler. The small amount of sugar helps to caramelize the miso crust, thus creating an aesthetically pleasing look.

6 servings



## Ingredients:

1 ½ lb wild salmon fillets, cut into six 4-ounce portions, skin on.

¼ cup white miso

1 tbsp + 2 tsp mirin (Japanese sweet cooking wine)

1 generous tsp brown sugar

1 tbsp freshly grated ginger

2 scallions – thinly sliced, both white and green portions

## How to make:

Set oven to broil. After rinsing, pat-dry salmon fillets and place skin-side up on foil-lined baking sheet or glass baking dish. The skin will protect the salmon from overcooking.

Mix miso, mirin, brown sugar, and ginger in a small bowl to make a thick, but spreadable paste – you can add the extra mirin to thin to desired consistency.



Place salmon under broiler for about 4-5 minutes; you should see the sides of salmon turning opaque about 2/3 up. Remove sheet of salmon from oven and flip each fillet over carefully with a spatula. Spread about 1 tablespoon of miso mixture evenly over each fillet.

Return to broiler for another 3 minutes until fish is done but still moist inside. Miso mixture should be bubbling and peaks start to turn enticing dark brown. Remove from oven and garnish on top with sliced scallions.

Serve immediately with rice, Japanese noodles, or stir-fry vegetable medley.