

# Miso & Honey Ginger Glazed Salmon with Shiitake Mushrooms & Green Onions

**Yield:** 4 servings

**Nutritional Information:** Calories 357, Protein 35 g, Carbohydrates 10 g, Sugars 6.5g, Cholesterol 85 mg, Vitamin A 404 I.U., Vitamin C 5 mg, Folate 31 mcg, Calcium 98 mg, Iron 1.5 mg, Magnesium 58 mg, Potassium 693 mg, Sodium 714 mg

## Ingredients:

- Salmon Filet, 5 1/2 oz skin-on or 5 oz skin-off- 4 each
- Shiitake Mushrooms, stem removed- 16 each
- Whole Green Onions, root removed- 8 each
- Miso Marinade/glaze(see recipe below)- 2 Tbsp for marinating & the rest for glazing
- Vegetable oil- as needed for cedar plank or to brush grill grates to prevent fish from sticking
- Black and/or White Sesame Seeds- 2 tsp (black sesame seeds contain the husk and have more flavor than white sesame seeds. The contrast of white & black seeds adds great visual appeal).
- Lemon Wedges from zested lemons for squeezing over salmon to taste

## Salmon Cooking Procedure:

- 1) Marinate the salmon filets, green onions & shiitake mushrooms for 1 hour
- 2) "Season" grill grates by brushing them with a light amount of vegetable oil.
- 3) Place the salmon and mushrooms onto the grill. For skin-on salmon, place the filet skin side down. For skinless salmon, place the salmon down with the "grey side" up. After 2-3 minutes, turn the salmon 45 degrees to achieve nice "grill marks".
- 4) Cook another 2-3 minutes and flip over. Glaze the cooked side with miso glaze and continue grilling until finished. Note: if the fire is too hot, move the salmon to a cooler area to prevent "scorching" the glaze.
- 5) After flipping the salmon, place the whole green onion onto the outer edge of grill to cook.
- 6) Remove the onions, mushrooms and salmon and arrange carefully onto a serving platter, sprinkle sesame seeds on the salmon & enjoy.

**Suggested accompaniments:** White, brown or sushi rice and a greens salad with your favorite Asian style dressing.

**"Kick it up" Recipe note:** For a real treat, you can purchase cedar planks and roast the salmon directly onto the cedar plank over a medium heat grill or in a 400-degree oven. Lightly coat the cedar planks with vegetable oil, roast the planks in the preheated oven or grill for 10 minutes or until cedar fragrance is evident. Onto the plank, place the green onions, then salmon and mushroom caps around salmon. Roast for 8-10 minutes or until salmon is lightly firm to the touch or internal temperature of 130 deg F.

## Miso Marinade/Glaze:

- Maple Syrup- 1 Tbsp (more can be added to your taste preferences)
- Sake- 1 Tbsp (optional)
- White Miso Paste-1/3<sup>rd</sup> cup (available in any Asian store and some grocery stores)
- Mayonnaise-1/4<sup>th</sup> cup (Optional: Lite mayo can reduce fat content but increases sugar)
- Lemon Zest from one lemon, chopped fine

- Fresh Ginger, finely minced- 2 tsp
- Black Pepper, freshly ground- 1 tsp

-Mix all & reserve to marinate & glaze salmon