



MISO GLAZED SALMON

A Riff on Japanese Miso Glazed Salmon, Baked, With A Miso-Ginger Glaze. Domo Arigato, Mr. Roboto.

I love salmon. I love the rich, meaty, fatty flavor of it. I figured if I'm going to be putting an Asian cookbook together, I should throw in a couple of ways to prepare it. For this recipe, I'm tweaking a traditional Japanese recipe to make it lower in calories and sugar. A typical recipe uses up to 1/4 cup of honey. For mine, I'm using sugar free syrup (pancake syrup). I'm also subbing 'Mirin' with rice vinegar, regular white wine and a little sweetener. Though I baked mine and finished it with the broiler, you can cook yours on the grill or in a pan, if you wish.

Servings Info.:

Yields: 4 salmon filets
 Servings: 4
 Serving Size: 1 filet



- last checked 11/25/22 -
 Use your mobile device's 'Camera' App to
 look at this code for nutritional info.

Ingredients:

Salmon & Marinade:

- 4 Salmon Filets (I used 6-7oz salmon filets. Thanks, Costco!)
- 2 Tbsp miso paste ***
- 2 Tbsp low sodium soy sauce
- 2 Tbsp rice vinegar
- 1Tbsp 0 calorie brown sugar replacement
- 1/2 tsp ginger, minced
- 1 tsp sesame oil
- 2 Tbsp sugar free syrup (pancake syrup)

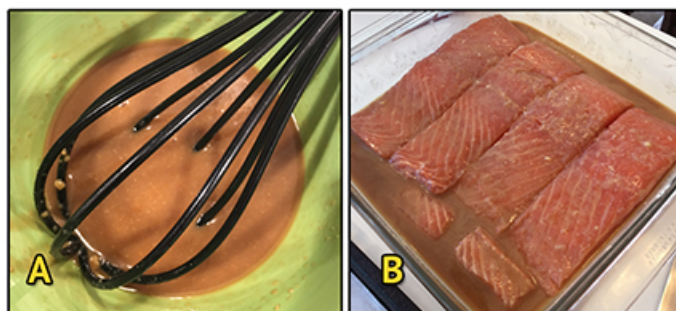
Glaze:

- 1 Tbsp miso paste ***
- 1 Tbsp low sodium soy sauce
- 1 Tbsp rice vinegar
- 1 Tbsp white wine
- 1 Tbsp 0 calorie brown sugar replacement
- 2 Tbsp sugar free syrup (pancake syrup)
- 1 tsp cornstarch, dissolved with 1 Tbsp water

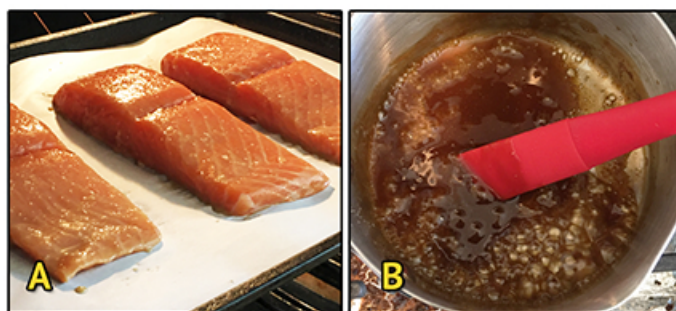
Additional Ingredients:

- 1 tsp sesame seeds, for garnish
- green onions, thin sliced on a bias, for garnish (optional)

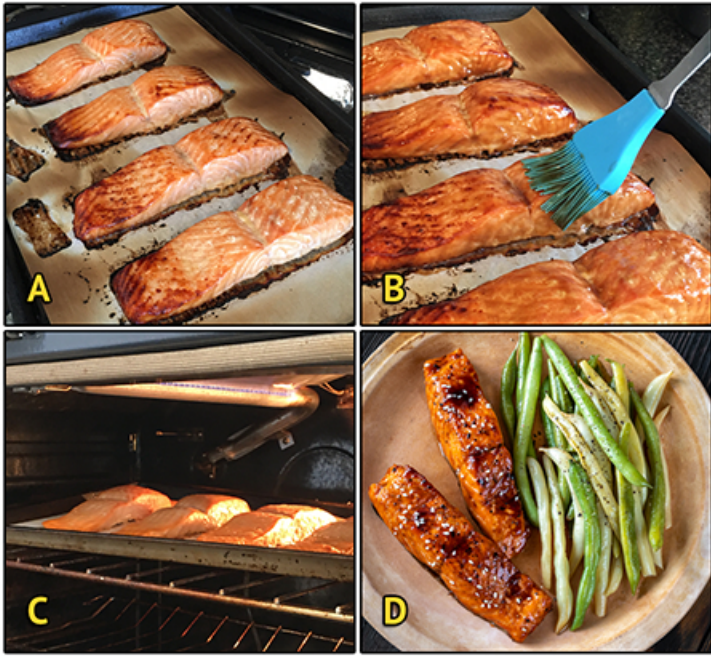
Directions:



1. **(A)** In a bowl, whisk together the miso paste, soy sauce, vinegar, sweetener, ginger, sesame oil and syrup. Mix till smooth and well combined. **(B)** Place the salmon filets in a container large enough for them to lay in a flat layer. Pour marinade over the salmon and rub to cover completely. Allow to marinate for at least 1 hour.



2. **(A)** Preheat oven to 450 degrees. Line a pan with parchment paper, place salmon onto the pan and bake at 450 degrees for 12 minutes. **(B)** While the salmon is baking, add Glaze ingredients to a small pan and bring to a boil. Cook till syrup-like, set aside.



3. **(A)** When the salmon has been roasting for 12 minutes, take it out of the oven and turn on your oven's Broiler setting to High. **(B)** Coat the salmon all around with your thick glaze, till it's all used up. **(C)** Place the salmon back into your oven, on an oven rack 2 positions down from the top. Broil for 2 minutes, with the door closed. Rotate the pan, then broil for another 2-3 minutes till the top of the salmon is starting to lightly char. Keep an eye on it, so that it doesn't burn. **(D)** Remove from oven, allow to rest for 5 minutes. Garnish with sesame seeds, as well as thin sliced green onions, if desired.

NOTES CONTINUED:

- **MISO PASTE:** Different brands of Miso paste can vary in points. For this recipe, I used 2 points of Miso paste, which is 3 Tbsp, using the 'generic' miso paste listing in the WW ingredient database. Scan the brand that you get and adjust your points if needed. You can use any type of Miso Paste that you'd like. You can find them in the Asian food section of your grocery store, as well as in the refrigerated area, near the Tofu.
- **WHERE'S THE MIRIN!?!?:** Recipes for miso glazed salmon or chicken almost always have a good deal of Mirin. If you're wondering what Mirin is... it's a sweet rice wine, used in a lot of Asian cuisine. Because of how incredibly high in points and calories Mirin is... we're replacing it with rice vinegar, 1 Tbsp white wine and sweetener.
- **OTHER SAUCES:** You can make this same dish, but use any number of my other sauces and glazes, such as: The glazes from my orange chicken, Korean glazed chicken, sweet & sour chicken and my teriyaki sauce
- **COOKING METHOD:** You don't HAVE to cook your salmon exactly like I do. Yes, I baked mine, then brushed it more sauce and placed it under the broiler again.. But you don't have to. When I make this at home and I'm in a time crunch, I marinate it like normal, but I cook the salmon in a hot pan for 3.5 minutes per side, without moving it, so it gets a nice sear. While its cooking, I simmer the sauce, in a small pot, till thickened, then lower the heat to keep it juuust warm. When the salmon is done cooking in the pan, I cover the filets with sauce, flip them, then swirl them around the pan to coat them. A lot less time and a lot easier than messing with the broiler.

