

Salmon Marinated in Miso (Miso-zuke)

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This recipe is a speedy version of salmon marinated in miso (Miso-zuke). More time could be used to make it perfectly, but life is too busy. I use the Julia Child style of cooking: dip-the-finger-and-lick-to-taste. Taste the miso and sugar combination... the sweeter it is, the better the result.

Any salmon will do: sockeye, coho, etc., but oilier Chinook salmon will produce a softer texture to the meat. The best accompaniment to this salmon dish is a bowl of plain white rice, some cooked vegetable, miso soup, and someone who will praise the cook with, "Mmm ... oishii (yummy)!!" If you have no one to share this with then just say, "Oishii ..." to yourself!

Ingredients



- 4 slices salmon fillet
- 1/4 cup mirin
(Japanese sweet cooking rice wine)
- 3/4 cup sugar (you can substitute with honey)
- 1/2 cup shiromiso (white type) soybean paste
(use white type, not red type—akamiso)
- 1 tablespoon sake (Japanese rice wine)



Wakako Morris loves to eat. And to cook. If there is a particular dish she wants to eat, Wakako spares no effort in her pursuit of it. Even a busy day at work will not slow her down. If she fancies something particular for dinner, she will cook it from scratch. In addition to her duties as Administrative Officer at the

Secretariat, Wakako volunteers as the "NPAFC Test Kitchen Chef" by examining recipes for our newsletter, often to the lunchtime benefit of other staff. Wakako spent her early years in Peru and the Philippines, where she developed a love for ethnic food. But her comfort food is always her native Japanese cuisine. When not cooking or eating, Wakako has many passions: playing tennis, skiing, snowshoeing, kayaking, knitting, playing the piano and the guitar. She also enjoys traveling to new places with her family.

Method

- 1 Make a 3% salt solution and soak the salmon in the brine for 15 minutes, or lightly sprinkle salt on the salmon and let it stand for 15 minutes.
- 2 Pat the salmon dry with a paper towel.
- 3 Combine mirin and sugar and microwave for 10 seconds until sugar is more or less dissolved. Do not overheat!

- 4  Add the sake to the mirin and sugar mixture.

- 5  Add the mirin mixture to the miso and stir well.

- 6  Place the salmon fillets in the marinade, cover with plastic wrap, and refrigerate for one day. If you prefer a stronger taste, marinate for 2-3 days, but the meat will become tougher over time.

- 7 Wipe off most of the miso (but not completely if you like the taste of burnt miso), then grill (or broil) for approximately 10 minutes or until the fish is cooked and the surface a little burnt.

Alternatively, it can be pan-fried for 5 minutes on each side instead of grilling.



- 8 Eat, then say, "Oishii!" (Even if it's not!!)