

Salmon Fried Rice

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Shunpei Sato graduated from the Faculty of Fisheries, Hokkaido University, Japan, in 1999. Although he studied sexual development patterns of Giant river prawn (*Microbrachium rogenbergii*) as an undergraduate student, he moved his field of study to population genetic structure of chum salmon around the Pacific Rim at the Graduate School of Science, Hokkaido University. After receiving his Ph.D from Hokkaido University, Shunpei joined the staff of the National Salmon Resources Center in 2005. His scientific interests focus on genetic structure of chum and pink salmon populations in Japan, and ocean distribution and abundance of Japanese chum salmon. During 2007–2017, he attended the summer salmon research cruise of R/V *Hokko maru* in the central Bering Sea. Since 2018, he has been the head of Salmon Conservation Group, Salmon Resources Research Department, Hokkaido National Fisheries Research Institute, Japan Fisheries Research and Education Agency. Shunpei loves beer, and he enjoys drinking local beer when he attends the NPAFC annual meeting every year.



Serving suggestion. All Photo credits: Shunpei Sato

Ingredients:

200–300g	sliced salmon filet
80g	carrot
110g	onion
30g	piment
10g	leek
300g	steamed rice
3	eggs
Proper Amount	salt
Proper Amount	pepper
Proper Amount	oil
Proper Amount	sesame oil
Proper Amount	soy sauce



Prepared ingredients

Method:

1. Sprinkle salt over both sides of each sliced salmon fillet and grill the sliced fillets on medium heat.
2. After grilling, remove the skin and flake the fish meal on a dish. Chop a carrot, onion, piment, and leek.
3. In a pan with a little oil, pan-fry carrots, piments, and onions with salt and pepper
4. Beat two eggs. Mix steamed rice and beat eggs well.
5. Beat the final egg. Heat a pan with a little oil and add the beaten egg, mixing with a wide stirring motion.
6. Add steamed rice to the beaten eggs and stir-fry. Season with salt and pepper when the rice becomes loose.
7. Add pan-fried vegetables and flaked salmon. Mix well.
8. Stir in a splash of soy sauce, sesame oil, and chopped leeks
9. Enjoy!



Step 3. Pan-frying vegetables



Step 4. Two beaten eggs are added to the rice



Step 5. Egg is added to a pan with oil



Step 6. Salt and pepper have been added and the rice begins to loosen



Step 7. Vegetables are added to the mixture



Step 8. Add soy sauce, sesame oil and chopped leeks to the mixture