

# Orange Miso Glazed Salmon

Phillis Carey cooking class, 2018



## Servings: 4

1. **GLAZE:** whisk the strained orange juice, honey, ginger, garlic, wine and soy sauce together into a smooth mixture in a small saucepan. Bring mixture to a boil, stirring frequently (don't let the clump of honey burn - stir until it dissolves) until mixture is reduced by half. It should be thicker and somewhat syrupy. Remove from heat and whisk in the white miso until the glaze is smooth. Set aside.
2. **SALMON:** Preheat broiler with the rack down at least 8 inches from the heat source. Line a rimmed baking sheet with foil and grease or spray the foil. Set the salmon fillets on the prepared sheet and spoon 1-2 T of the glaze evenly over the top of each piece.
3. Broil salmon 8-10 minutes, or until salmon is cooked through and the glaze is bubbly and beginning to brown. Serve salmon sprinkled with sesame seeds and green onions.

## GLAZE:

3/4 cup orange juice, strained (or use blood oranges)

2 tablespoons honey, mild flavored

1 tablespoon fresh ginger, grated

1 clove garlic, minced

1 tablespoon vermouth, or sake

1 teaspoon soy sauce

2 tablespoons miso, white type (mild)

## SALMON:

24 ounces salmon, skinless fillets, cut into portions

2 tablespoons grapeseed oil, or avocado oil

2 tablespoons green onions, sliced

1 tablespoon sesame seeds, toasted (use either black or white)

*Per Serving (excluding unknown items): 351 Calories; 14g Fat (37.8% calories from fat); 36g Protein; 18g Carbohydrate; 1g Dietary Fiber; 88mg Cholesterol; 516mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**