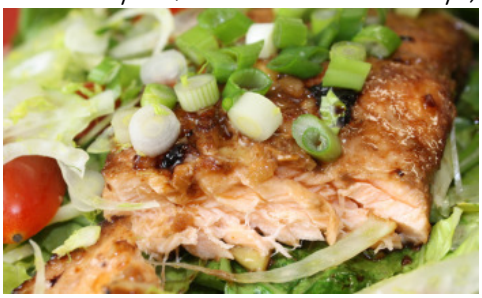
Arugula Salad with Salmon Steaks and Soy-Maple Glaze

Author: Adapted from a Steven Raichlen recipe, Food & Wine, 6/07



Servings: 4

SALMON and MARINADE:
1/4 cup soy sauce
3 tablespoons maple syrup
3 tablespoons Asian sesame oil
24 ounces salmon steaks, 4 steaks - 1/2 inch to 3/4 inch thick
One 2-inch piece of fresh ginger—peeled, thinly sliced and smashed
2 whole garlic cloves, peeled, smashed
SALAD:
4 cups arugula
2 cups Romaine lettuce, chopped
1/2 cup fennel, very thinly sliced
2/3 cup sugar snap peas, trimmed, sliced
1/4 cup vinaigrette
GARNISH:
16 whole cherry tomatoes, halved
2 whole scallions, thinly sliced

Per Serving (excluding unknown items): 446 Calories; 24g Fat (49.1% calories from fat); 37g Protein; 20g Carbohydrate; 3g Dietary Fiber; 88mg Cholesterol; 1166mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 3 1/2 Fat; 1/2 Other Carbohydrates.

EASY EASY. Absolutely delicious taste.

Use your own choice of salad ingredients. No arugula? Use all Romaine. Just don't use a real soft butter lettuce type or the hot salmon will wilt it to nothing. Add just enough salad dressing so the salad is barely slick - you'll pour the marinade over the top as well.

From Carolyn T's Food Blog, Tasting Spoons: http://tastingspoons.com

1. In a large, shallow dish, whisk the soy sauce with the maple syrup and sesame oil. Add the salmon steaks and turn to coat. Press the ginger and garlic onto both sides of the steaks. If time permits, cover and refrigerate for 2 hours, turning the salmon a few times.
2. Prepare the salad ingredients (and dressing) and set aside. Chop and set aside the garnishes.
3. Heat to medium-high a nonstick skillet (large enough to hold all 4 salmon steaks) and add a light coating of olive oil. Remove the salmon from the marinade (reserving the marinade) and saute them to sear both sides, about 2 minutes total. Reduce heat to medium-low, cover and cook the salmon until just barely done to your liking (about 3-5 minutes depending on thickness). Add the reserved marinade, cover and simmer for one minute.
3. Lightly dress the salad with your choice of vinaigrette dressing, pour out onto serving plates and place the salmon on top of the salad. Garnish with tomatoes and green onions and serve.