



**Food Trend: Omega-3 Fatty Acids, Asian Ingredients and Vegetables, Stir-Fry Features #5 Veggie Power Star Spinach**

**Korean Inspired Oven Poached Salmon Dinner**

- 1/3 cup hoisin sauce
- 3 Tablespoons soy sauce
- 1-1/2 Tablespoons rice wine vinegar
- 1-1/2 Tablespoons Gochujang
- 2 garlic cloves, minced
- 1 Tablespoon minced fresh ginger
- 1-1/2 Tablespoons sesame oil
- Baking oil spray as desired
- 12 small multi-colored rainbow carrots
- 1 large onion, peeled, halved, cut into wedges
- 1-1/2 pounds salmon fillet, skin on, pin bones removed
- 1/2 cup wild mushrooms
- 1/2 cup Korean mirin or rice wine
- 2 to 3 cups spinach leaves
- 1 teaspoon toasted sesame seeds
- Salt and ground black pepper as desired
- 1 small cluster fresh enoki mushrooms, optional
- 1 cup lo bok radish, peeled, cubed, optional
- 3 green onions, trimmed as desired
- 1 small sweet red pepper, seeded; julienne slice

In a medium sized bowl, combine the first seven ingredients together. Set aside.

Preheat oven to 400 degrees F. Line a shallow baking pan with heavy foil; spray pan with oil; set aside.

Scrub and trim carrot tops to about ½ inch; cut larger carrots lengthwise in half. Place in shallow container with onions; toss with 1/3 Gochujang mixture. Layer evenly on prepared shallow pan. Roast in oven; tossing once for 30 minutes or carrots are tender, stir once during roasting.

Meanwhile, rub salmon fillet with 1/3 Gochujang mixture to marinate for about 25 minutes; cover; set aside.

Preheat oven to 450 degrees F. Line a large shallow baking pan with heavy foil; lightly spray foil with oil; place the precooked carrots and onions around edge of foil in pan; toss in mushrooms. Place salmon in the center, flesh up; drizzle mirin over. Cover the entire pan tightly with foil, allowing it to dome over the salmon. Bake until salmon reaches 125 to 130 degree F, about 15 to 18 minutes. The baking time will be longer if the salmon is thicker. Do not overcook the fish. The salmon will continue to bake as it rests. Set aside five minutes to rest.

Line serving platter with spinach or lettuce leaves. Remove vegetables from pan to serving platter; remove salmon to platter, drizzle with pan drippings; sprinkle with sesame seeds; season with salt and pepper as desired. Drizzle salmon with remaining Gochujang sauce. Top salmon with enoki mushrooms if desired.

Add radish slices, green onions and red peppers to platter. Serve with the remaining Gochujang sauce mixture on the side. Serves: 4

**About the Recipe:** Take a trip to the other side of the world with sweet spiced tender carrots, caramelized onions, and sautéed mushrooms served with a gently oven poached salmon. Serve with crisp chunks of radishes, red peppers, and vitamin rich spinach. Additional Gochujang sauce can be drizzled over the dish if desired.

### **Information About:**

The **LoBok Radish:** Korean radishes are larger than most common radishes. They have a crisp, firm flesh that offers a relatively mild radish flavor and spice. Its thick, smooth skin is creamy white and capped with pale green shoulders. Though commonly sold with the greens removed both the root and the greens of this radish are edible. Its flesh is white with a texture and taste similar to that of the daikon radish. Unlike the carrot shaped daikon however, the Korean radish is rounded and plump with an oblong shape.

Both the raw Korean radish and the kimchee are popularly used in Korean cuisine and are believed to be beneficial in supporting digestive health. The Korean radish is most commonly used as an ingredient in kimchee. They are also popularly sliced thin, pickled and served as an appetizer or accompaniment to grilled meats. Its flesh is dense and

crisp and stands up well to cooking. Add to soups, stews and stir-fries or slice thick and braise with pork or beef. Raw Korean radish can be thinly sliced and added to salads or banh mi sandwiches. To store, wrap tightly in plastic and refrigerate.

For More Information See:

[http://www.specialtyproduce.com/produce/Korean\\_Radish\\_178.php](http://www.specialtyproduce.com/produce/Korean_Radish_178.php)

### **Enoki Mushrooms:**

These long, thin **mushrooms** with tiny caps are commonly found in Asian dishes. They are packaged in clusters and have a very crisp texture.

To warm the mushrooms, this recipe uses the residual heat of the roasted salmon. They readily take on the flavors of the dish to which you add them, so it won't taste like you just tossed them in as an afterthought. Add enoki mushrooms to the hot soup, sauce or stir-fry right before serving it.

<https://www.leaf.tv/articles/how-to-cook-enoki-mushrooms/>

### **What Is Gochujang?**

Gochujang is a red chile paste that also contains glutinous rice, fermented soybeans, salt, and sometimes sweeteners. It's a thick, sticky condiment that's spicy and very concentrated and pungent in flavor. Heat levels can vary between brands, so check the packaging to see if it's labeled with any kind of spice-level indicator. Gochujang can be used in marinades for meat dishes like Korean *bulgogi*, stirred into dipping sauces, or used to punch up stews or soups. A hot pepper paste is one of the backbone ingredients of Korean cooking.

For More Information See:

<http://www.thekitchn.com/gochujang-the-miso-of-korean-cooking-ingredient-intelligence-165083>

### **Rainbow Carrots:**

Carrots are very versatile and healthy vegetables and add color to any meal.

What do we know about the nutritional value of colored carrots?

The color of yellow, orange and red carrots is the result of certain carotenoid pigments present in the root. These carotenoids can be divided into hydrocarbon pigments or carotenes and oxygenated pigments or xanthophylls.

- **Xanthophylls**, similar to beta-carotene, give yellow carrots their golden colors; they are linked to eye health and may reduce the incidence of lung and other cancers.

- **Lycopene**, found in red carrots, is a type of carotene also found in tomatoes. It is believed to help prevent heart disease and, in conjunction with other phytochemicals, reduce the risk of certain cancers, including prostate cancer.

- **Anthocyanins** and pigments of the flavonoid (as opposed to carotenoid) class are found in purple carrots. In the human body these pigments act as powerful antioxidants, immobilizing harmful free radicals. Anthocyanins can also help reduce the risk of heart disease by slowing blood clotting.

- White carrots lack pigment but may contain other beneficial phytochemicals. More research is needed.

- **Lutein** is one of the hydroxy carotenoids found in yellow and orange carrots and makes up the macular pigment of human retinas. Consuming foods high in lutein

may increase the density of this pigment and decrease the risk for developing macular degeneration and other age-related diseases.

For more information: See: <http://www.carrotmuseum.co.uk/carrotcolours.html>  
<http://www.sensationalcolor.com/color-for-your-home/gourmet-color/rainbow-carrots-746#.WHBXLfkrLXU>