



Holiday Cranberry Salmon with Pistachios

Miso Marinade:

- 4 Tablespoons white miso paste
- 2 Tablespoons granulated sugar
- 3 Tablespoons white wine or sherry
- 1 pound skin-on salmon fillet, boned
- 1 Tablespoons fresh lemon or lime juice
- 1 Tablespoons butter or margarine, melted
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper

Whole Berry Cranberry Sauce with Pistachios (see recipe)

Chopped pistachio nuts as desired

Garnish: Dill or fennel fronds; fresh cranberries as desired

Mix first 3 ingredients together until sugar dissolves. Evenly coat salmon flesh fillets. Place fish skin side down on marinating dish; pour any remaining mixture over. Cover with plastic wrap; refrigerate 6 hours or longer overnight.

Adjust oven rack about 8 inches from broiler. Place wire rack in rimmed baking dish; cover with aluminum foil. With finger, remove excess mixture from fish. Do not rinse fish fillet. Place fish skin side down on foil.

Broil salmon for 10 to 12 minutes, turning to cook both sides and inner temperature is 131 degrees F. Meanwhile in a small bowl, combine lime juice, melted butter, salt, and pepper. Spoon over fish the last few minutes of cooking. Let rest 5 to 10 minutes.

Place on serving plate; spoon some warm berry sauce over; sprinkle with chopped pistachios. Garnish plate with dill or fennel fronds and fresh cranberries as desired. Serve remaining cranberry sauce on the side.
Yield: Serves: 2 to 4

Whole Berry Cranberry Sauce with Pistachios

8 ounces (2 cups) fresh or frozen cranberries
1/2 cup sugar
5 ounces lingonberry or red currant jelly
1/2 cup orange juice

Mix cranberries, sugar, jelly and orange juice in 2 quart saucepan. Heat to boiling, reduce heat. Simmer uncovered 12 to 15 minutes, remove from heat. Keep warm for serving Yield: About 1 cup

Recipe inspired by: Wisconsin State Cranberry Growers Association

Cook's Note: Several recipes call for broiled salmon to have internal temperatures between 131 to 145 degrees. We usually cook our salmon using the lower internal temperature but it will go up slightly during resting. Also, if you like a touch of mustard, use the recipe from Meatloaf with Cranberry Ketchup in place of the sweeter cranberry sauce.

About the Recipe: Marinating with Miso develops a deep complex flavor in the salmon, which is highlighted with a light lime butter finish. The delicious cranberry sauce tops the fish and is sprinkled with chopped pistachio nuts. It is a perfect dish to serve for the holiday season.

WHY DO THIS? Miso, made by fermenting soy beans or other grains with salt and a bean based starter (kop), acts like a curing technique. The

sugar and salt act to pull moisture out of the fish. Miso adds flavor benefits, sweetness, acidity, and water soluble compounds like glutamic acid that penetrate the proteins over time and develop a deeply complex flavor. White miso is sweet and fruity while the red, yellow, or brown miso have an earthy tone.

Note: Mirin or Sake can be used, evenly divided,
Inspired by: Cook's Illustrated magazine, December, 2015