



Miso-Marinated Mandarin Salmon

Umami Deep Complex Flavor & Firm Texture

3 Tablespoons white or light miso paste
2 Tablespoons rice vinegar
1/2 Tablespoon honey
1 (one pound) salmon fillet with skin

Mandarin Fig Dressing

1 Tablespoon sesame oil
3 Tablespoons lemon juice
1 Tablespoon orange fig spread
Salt; ground black pepper to taste

Marinated Salmon

Olive oil spray as desired
1 teaspoon blackened pepper seasoning

Kohlrabi Slaw

2 cups sliced kohlrabi leaves, stems removed
1 kohlrabi bulb, peel, slice, chop
3 radishes, sliced, chopped
Toasted sesame seeds as desired
*Use organic ingredients if available

Stir together the miso, vinegar and honey.

Place the salmon fillet in large plastic bag or marinating container. Spread mixture over salmon to coat. Leave in refrigerator for 6 hours or overnight if possible.

Preheat oven to 400 degrees F. Lightly spray oil over shallow baking pan.

Prepare Mandarin Fig Dressing: In a small bowl, whisk all dressing ingredients together; set aside.

Wipe off marinade from salmon with paper towel. Do not wash the salmon.

Place salmon, skin side down, on prepared baking pan. Sprinkle salmon with blackened pepper seasoning. Bake in preheated 400 degree F oven for 15 minutes or until internal temperature 145 degrees F. for fully cooked fish. Measure temperature in the thickest part of the salmon. Brush top of baked salmon with mandarin fig dressing. Set aside.

Prepare Kohlrabi Slaw: Combine sliced kohlrabi greens, chopped kohlrabi, and chopped radishes in bowl; toss with 1 Tablespoon dressing or as desired. Place on serving plate; top with baked salmon; sprinkle salmon and slaw with sesame seeds as desired.

Note: There will be enough dressing remaining to add into an Asian noodle side dish.

Yield: serves 4

Inspired by: an Asian dish by Good Food –

For More Information See:

<https://www.bbcgoodfood.com/recipes/4759/misomarinated-salmon>

About the Recipe: The salmon is marinated in Miso to season and pull moisture out of the salmon flesh. It produces a firm dense texture. This also adds a deeply complex flavor to the fish. A kohlrabi slaw, tossed with Mandarin orange fig spread, is mixed with diced crunchy kohlrabi chunks and red radishes. It's easy to make and perfect for an omega 3 salmon boost for your immune system.

What is Miso?

Miso is made from fermented soybeans and is a thick paste-like substance that has a great umami flavor. It's an essential ingredient for many Japanese food dishes, including the popular miso soup.

Fermented foods can also be a source of beneficial bacteria, which have a number of health benefits. Chinese miso is more likely to contain probiotic bacteria than Japanese miso

Miso Comes in Different Colors: White miso is the mildest variety. Red miso is much saltier; and mixed miso combines two or more types and has a strong taste. The

lighter varieties will keep about nine months and the darker ones are good up to a year. Make sure to check the date on your container.
For More Information See:

<https://www.thespruce.com/what-is-miso-p2-337683>
https://www.huffingtonpost.com/entry/miso-paste_us_571e54ede4b0d0042da9e115

What is a Kohlrabi?

This vegetable is loaded with phytochemicals that help prevent damage to the cells of our bodies and improve our health. It's a powerhouse; veggie that can fight against diseases and is also one of the top vitamin C foods... The taste is similar to a broccoli stem but a little milder.

It's a member of the same family of kale, Brussels sprouts, broccoli and cauliflower. The entire plant is edible but make sure to cut off the slender root and peel off some of the thick skin on the bulb to discover the crunchy mild flavored bulb. Those leaves are perfect for a slaw and taste a little like collard greens but aren't as strong.

For More Information See: <https://draxe.com/kohlrabi/>