



Slow Roasted Salmon with Ponzu Sauce

An elegant melt-in-your-mouth fish topped with golden onions and mushrooms

1 to 2 Tablespoons avocado oil
1 onion, peeled; sliced
4 ounces wild mushrooms or shiitake mushrooms, remove stems, slice
Salt and ground black pepper as desired
2 Tablespoons olive oil, divided
1.35 pounds boneless salmon fillets, skin on
1/2 teaspoon blackened seasoning
Sea salt; ground black pepper as desired

Other dishes to serve with the salmon:

- Sweet Potato Rounds
- Quick Crisp Mixed Greens Salad
- 1 to 2 cups cooked white or brown rice
- 1/4 cup Ponzu Sauce or as desired
- Fresh Cilantro Sprigs as desired

Prepare Sautéed Onions and Mushrooms: Warm skillet with 1 Tablespoon oil; add onions; cook over medium heat until golden; add mushrooms; sprinkle lightly with salt and ground pepper. Cook over medium heat until golden brown; stir frequently. Remove from pan to stay warm; set aside.

Before Starting Salmon: Preheat oven to 275 degrees F. Line a rimmed baking sheet with aluminum foil; brush with 1 Tablespoon oil.

Prepare Salmon: Rinse and pat salmon dry with a paper towel. Cut salmon fillet into 3 to 4 serving pieces. Place skin side down on the prepared baking pan.

Adding Seasoning: In a small bowl, combine 1 Tablespoon olive oil and blackened seasoning. Spread mixture over top of salmon fillets equally. Season with salt and black pepper as desired. Let rest 10 minutes.

Oven Baking: Bake salmon in preheated 275-degree F. oven, which allows the fish to retain its moisture and oils. Bake until an instant-read thermometer inserted into the thickest part registers about 135 degrees F for medium, about 25 minutes depending on the thickness of the fish. Remove from oven; let rest about 10 minutes.

Note: While preparing salmon, prepare other side dishes.

To Serve: Place salmon fillets on warm dinner serving platter, spoon mushrooms and onions over the salmon, arrange sweet potatoes on each side; add cook rice with broccoli, spoon cilantro sprigs on platter. Spoon ponzu sauce over the salmon and rice mixture. Sprinkle the platter lightly with sesame seeds. Serve with tossed spring green salad. Serves: 3 to 4 servings

About the Recipe: Cooking the salmon for a longer time at a lower oven temperature allows the fish to stay moist and have a melt-in-your-mouth texture. Since the portions are for individual servings, the fish cooks faster than a whole fish fillet. It is an attractive dish to serve. Do try the ponzu sauce. It is so delicious with the salmon and rice mixture.

What is Ponzu?

Ponzu means "vinegar punch" in Japanese, and it pumps up the umami, cleanses the palate with citrus acidity, and rounds out flavors with a bit of mild sweetness, but doesn't overpower the dish's flavor. It tastes a little tangy, salty, and slightly sweet.

Other Side Dishes:

Quick 'n Easy Sweet Potato Rounds

2 medium sweet potatoes, washed well; pat dry
1 Tablespoon unsalted butter; melted
1 teaspoon brown sugar
1/8 teaspoon ground cinnamon

- Pierce each potato three or four times with a fork. (this allows steam to escape)

- Place one potato onto a microwave safe plate.
- Place in microwave at high power for 5 minutes, rotate halfway through.
- If it isn't fork tender, continue to microwave in 1-minute increments until done.
- It will be hot; wrap in small towel to stay warm while you cook the remaining potato following the same process.
- When potatoes are cool enough to handle, cut into 1 to 1-1/2-inch rounds, place in large round pie pan not overlapping.
- Brush with melted butter; sprinkle lightly with brown sugar and cinnamon. Set aside to stay warm. Yield: Serves 2 to 4

Ponzu Rice and Broccoli Mix

1 to 2 cups cooked rice

1 to 2 cups raw broccoli florets

Ponzu sauce as desired

- Place cooked rice in microwave safe bowl; cook at high power for 1 minute or until hot.
- Place broccoli florets in microwave safe bowl; cook at high power for 1 minute or until bright green.
- Combine together or serve separately; add Ponzu sauce as desired.
Serves: 2 to 4

Note: Prepare a simple lettuce/cabbage salad to serve separately with the salmon dinner.