

COCONUT MISO SALMON WITH VEGGIES

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This recipe is an adaptation of one by Kay Chun, printed online in New York Times Cooking ([Coconut-Miso Salmon Curry](#)). In this case, the term “curry” is used in the traditional sense - meaning the sauce, rather than a flavor or seasoning.

Miso and coconut milk are the main ingredients of the sauce, and the combination is light, yet filled with umami. Some of the tweaks I was inspired to make to the original recipe include using equal parts coconut milk and water and adding lemongrass to the ginger and garlic. And to up the plant

quotient, I incorporated baby super greens (any leafy green would be fine), red bell pepper, mushrooms, and onion. I also increased the amount of fresh basil, stirring it into the dish right before serving, and garnished with chopped cashew nuts and jalapenos. Serve this over steamed cilantro-lime rice, or plain brown jasmine or basmati rice, and enjoy!

Makes: 4 servings

INGREDIENTS

1 1/2 tablespoons olive or avocado oil
1/2 medium onion, sweet or red, sliced (about 1 cup)
1/2 large red, yellow or orange bell pepper, sliced (about 1 cup)
4 - 5 ounces fresh mushrooms, cleaned and sliced
2 tablespoons minced fresh ginger (or ginger paste)
3 cloves of garlic, minced (about 1 1/2 tablespoons)
1 tablespoon finely minced fresh lemongrass or paste
1/4 teaspoon kosher salt
1/8 teaspoon ground black or white pepper
1/4 cup white miso
1 can (13.5 ounces) coconut milk
13.5 ounces of water (use coconut milk can)
1 pound skinless salmon fillet, cut into 2-inch pieces ([check for and remove pin bones](#))
2 1/2 ounces baby super greens (spinach, chard, kale combo, or other greens), washed, dried
1 tablespoon fresh lime juice
1/2 cup chopped fresh basil
Steamed cilantro rice or plain brown jasmine or basmati rice
Garnish – chopped cashew nuts, thinly sliced jalapeno peppers, and lime wedges, as desired

DIRECTIONS

1. In a Dutch oven or large sauté pan with sides, heat the oil over medium-high heat. Add the onion, bell pepper, and mushrooms. Stir-fry until starting to soften and lightly brown. Reduce the heat to medium, add the ginger, garlic, lemongrass, salt and pepper. Stir to distribute, and cook for 30 seconds.
2. Add the miso, cook over medium heat while stirring frequently, until lightly caramelized, about 3 – 5 minutes.

3. Add the coconut milk and water, and bring to a simmer reducing the heat to medium-low. Allow the liquid to reduce by approximately 1/3, about 3 – 5 minutes.
4. Add the salmon, and simmer until just cook through, about 3 – 5 minutes.
5. Remove from the heat and stir in the super greens, lime juice, and basil.
6. Serve over hot steamed rice of choice. Garnish with chopped cashew nuts, jalapenos, and lime wedges for squeezing over top if desired.