



Ginger-Miso Glazed Salmon



Ingredients:

- 3 Tablespoons white miso
- 3 Tablespoons honey
- 3 Tablespoons soy sauce
- 3 Tablespoons fresh squeezed lemon juice
- 2-3 tablespoons freshly grated ginger root
- 2 (6-ounce) salmon fillets, about 1 to 1 ½ inches thick

Method:

1. In a small dish, whisk together the miso, honey, soy sauce, and lemon juice until well combined and smooth. Stir in the grated ginger root.
2. Place the salmon fillets in a shallow dish and spoon the miso marinade over them. Cover the dish with plastic wrap and transfer to the refrigerator for at least 30 minutes.
3. Adjust the oven rack to 6 inches from the broiler unit and preheat the oven on broil for 5 minutes.
4. On the stovetop, heat a cast iron griddle or cast iron skillet over high heat until it is almost smoking hot. With tongs, remove the salmon fillets and allow excess marinade to drip off, place the salmon fillets on the hot griddle, and immediately transfer the griddle/skillet to the preheated oven. Broil for 5-6 minutes. This will depend on how thick your fillets are. The fillets will be cooking from the broiler and from the bottom as well because of the hot griddle.
5. As soon as the fillets begin to char and caramelize, carefully remove the griddle from the oven and transfer the salmon fillets to a serving platter. Check for doneness, they should be moist and slightly translucent (medium rare) in the center.
6. If the salmon fillets need additional cooking to your desired doneness, return them to the hot griddle and tent with foil for five minutes. The heat from the griddle will continue to cook the fillets. Alternatively, you can place the fillets back on the griddle and return them to the broiler for 2-3 additional minutes.