

Miso Gochujang Grilled Salmon Bowls

By Alessandra Ciuffo

Serves 2

Salmon Ingredients:

- 2 Wild Alaska Keta Salmon filets
- 1 cup white rice, cooked
- 1 tsp white miso paste
- 1/2 tsp gochujang paste
- 2 tsp soy sauce
- 1 tsp honey
- 1 tsp sesame oil
- 1/2 tsp fresh ginger, grated
- 1 clove garlic, grated

Quick Pickled Cucumbers:

- 1 small English cucumber
- 1/4 cup rice wine vinegar
- 1 tsp sugar
- 1/2 tsp salt
- 1/4 cup water

Miso Ponzu Mayo :

- 1/4 cup mayo
- 1 tsp miso paste
- 1/2 tbsp ponzu sauce
- 1 tsp sriracha, optional
- 1/2 tsp honey

Toppings:

- 1 avocado, sliced
- 1 mango, cubed
- 2 tbsp salmon Ikura (roe/eggs/caviar)
- toasted sesame seeds
- flakey salt

Steps:

1. Begin making the rice. Rinse it until the water runs clean, then cook according to package directions.

2. In a small bowl, combine all of the salmon ingredients (minus the rice and salmon) until well incorporated. Use a brush to gently spread the marinade on both sides of a paper towel-dried fish filet. Set aside to marinate for 15 minutes while preparing everything else. There should be some excess marinade left over.
3. Combine rice vinegar, salt, and sugar in a small bowl or jar. Microwave for 30 seconds, or until the salt and sugar are dissolved. Use a mandolin or knife to thinly slice the cucumber in even pieces. Add the cucumbers to the bowl along with the water. Liquid should be just covering the cucumbers.
4. Make the mayo. Whisk together all the mayo ingredients. Taste and adjust to your preferences.
5. Slice the mango and avocado and set aside.
6. Heat a grill or saute pan on the stove. Once hot, add oil to grease the surface (if grilling, apply some spray oil to both sides as well to prevent sticking.) Cook the salmon skin side down first in the pan and (flesh side first on the grill) for 2-3 minutes, flip, brush on some more of the reserved glaze, and cook on the other side for another 2-3 minutes ~ or until cooked to preference.
7. Assemble your bowls! Add rice to a bowl or plate, and top with salmon, avocado, mangos, ikura. Finish with a drizzle of the mayo and sesame seeds over the salmon and some flakey salt on the avocado.

ENJOY!!!