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MISO-GLAZED SALMON WITH WILTED GREENS

In Japan, it's common to marinate richer fish with sweet, salty, umami-loaded miso paste, resulting in something simple but also singularly indulgent. Because richer fish will stand up better to the flavorful miso glaze, I recommend fish like salmon, but black cod or sea bass would also be a great match. Just be sure to remove the skin, because it won't get crispy beneath the glaze. The combination of healthy omega-3s from the fish and nutrient-packed greens makes this meal both healthy and satisfying as it is, but you could round it out with some brown rice for added heft.

SERVES 4

20 MINUTES

MISO GLAZE

⅓ cup mirin

1 tablespoon rice vinegar

¼ cup white miso

2 tablespoons honey

2 teaspoons toasted sesame oil

1 **MASTER RECIPE** Salmon (see below), brined or unbrined, skin off, just cooked or straight from the fridge

3 cups packed baby spinach or kale (central ribs removed), thinly sliced

Pinch of salt

1 tablespoon toasted sesame seeds, for garnish

Preheat the broiler to medium with the rack placed in the middle, about 6 inches from the heat.

MAKE THE GLAZE: In a small saucepan, add the mirin and rice vinegar and bring to a boil over medium heat. Whisk in the white miso and honey and cook until the mixture has formed a glaze thick enough to coat the back of a spoon, 1 to 2 minutes. Remove from heat and whisk in 1 teaspoon of the sesame oil.

Gently remove the cooked salmon pieces from the bag, discarding any liquid in the bag, and transfer the fish to a plate or tray—the fish will be very delicate, so handle it with care or it will fall apart. Thoroughly pat the salmon dry with paper towels.

Place the fillets flat side down into a large, ovenproof nonstick sauté pan or baking dish, and spoon or brush about 1 generous tablespoon of glaze over each piece, using the back of the spoon or brush to spread it evenly over the surface. (If a small amount of glaze pools around the pieces of fish, that's fine.)



Place the salmon under the broiler and cook until the glaze is bubbling, deep golden brown, and beginning to blacken around the edges, 3 to 6 minutes. The fish will have begun to flake apart and be fully cooked through. If you're using just-cooked salmon, it may take only 2 to 3 minutes to heat through, resulting in a lighter color. Remove the pan from the oven and transfer the glazed fillets to a large plate or tray. If any of the glaze left behind on the pan has gotten too burnt, wipe it off with a paper towel.

Add the spinach or kale, remaining 1 teaspoon of sesame oil, and a pinch of salt to the pan and toss, letting the residual heat of the pan wilt the greens. (If they don't wilt, pop the pan of greens under the broiler for another 30 seconds to 1 minute.)

Divide the wilted greens evenly between individual plates or bowls and top with a piece of glazed salmon. Using a spoon, drizzle the remaining glaze over the fish and greens and sprinkle some sesame seeds on top.

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MASTER RECIPE: SALMON

You'll never again need to fear overcooking your fish; because the fish's internal temperature never rises above the setting of the water bath, it's impossible to dry out your catch. In this chapter, I call for cooking salmon at 52.5°C (126.5°F), which to me delivers the best possible texture. Feel free to increase or decrease the temperature to suit your own taste. At 43.3°C (109.9°F), fish is heated through but has a sushi-like texture, while at 60°C (140°F) results in a flakier and firmer texture while still retaining moisture.

Because sous vide fish is more delicate than conventionally cooked fish, it's harder to handle, which is why I call for portioning your food before you cook it. Salmon cooked this way is also easier to handle when it's cold. Preparing the master recipe ahead of time not only offers you last-minute convenience, but also makes the final preparation of the spin-off recipes—be it searing, stir-frying, or flaking into a salad—that much easier.

SOUS VIDE COOKING TIME

20 minutes (or up to 30 minutes; an additional 20 to 30 minutes if brining)

ALL-PURPOSE SEAFOOD BRINE (OPTIONAL)

MAKES 2 CUPS

2 cups water

¼ cup salt

1 tablespoon sugar (optional)



1 ½ pounds salmon fillet (1 to 1 ½ inches thick at the widest point),
pin bones removed, skin removed (optional), cut into 4 equal pieces
Salt (if not using brine)
1 teaspoon canola or other neutral vegetable oil

Preheat the water bath to 52.5°C (126.5°F).

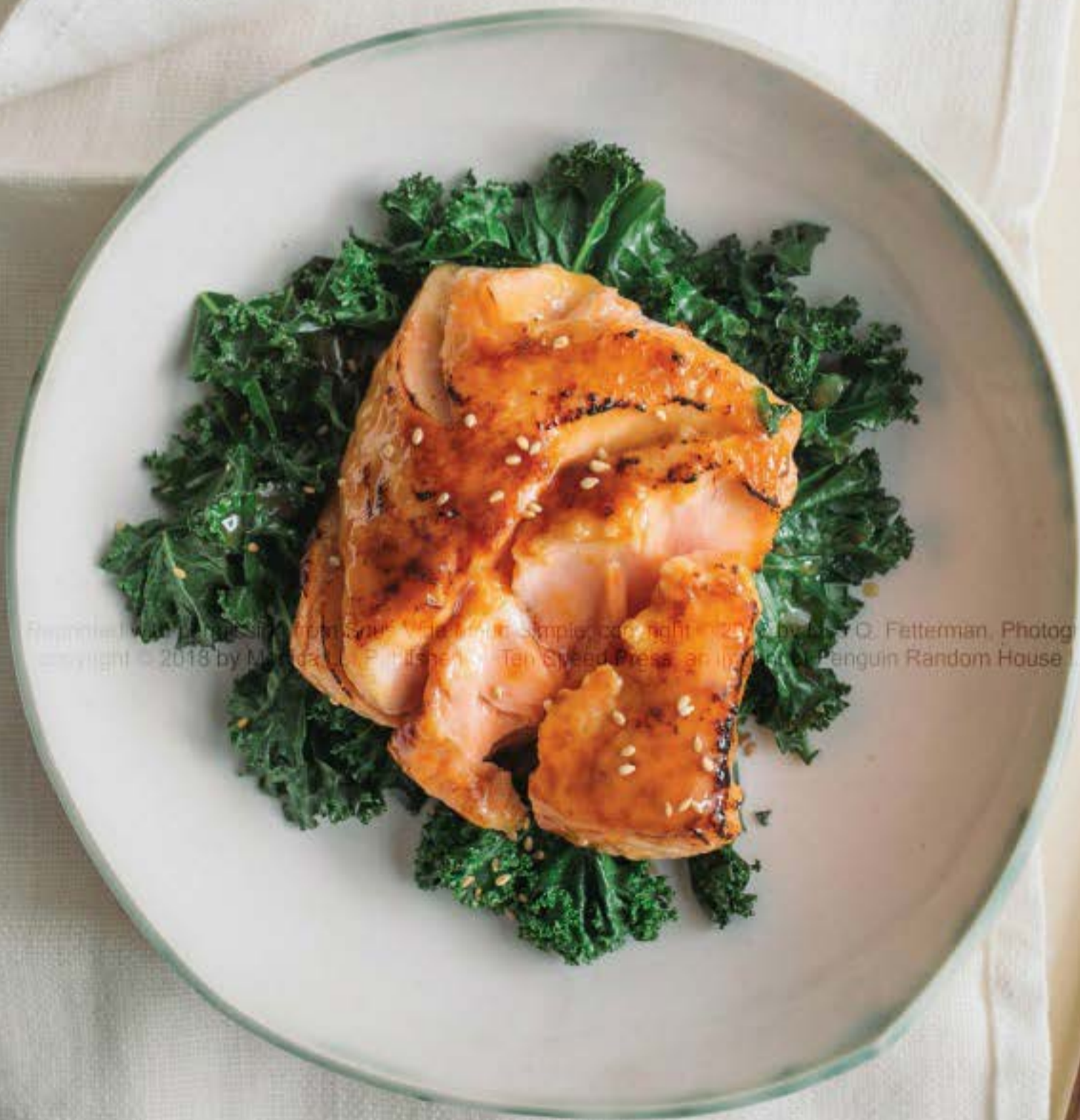
IF BRINING: In a small bowl, mix together the water, salt, and sugar, stirring until the salt and sugar are completely dissolved. Place the salmon fillets in a 1-gallon freezer-safe ziplock bag, add the brine, seal the bag (no need to vacuum), and let rest in the fridge for 20 to 30 minutes. Leaving the fish in the bag, pour out the brining liquid, add the oil to the bag, and rub all over the surface of the fish to coat.

IF NOT BRINING: Season the salmon with salt and rub it with enough oil to coat. Place the salmon in a 1-gallon freezer-safe ziplock bag and arrange in a single layer with as little overlap as possible to ensure even cooking. Seal the bag using either the water displacement method (see chef notes) or a vacuum sealer.

When the water reaches the target temperature, lower the bagged salmon in the water bath (making sure the bag is fully submerged) and cook for 20 minutes (or up to 30 minutes). When the fish is done it will be an opaque pink color and very delicate, so handle it with care or it will fall apart.

Remove the bag from the water bath, transfer to an ice water bath (see chef notes), and chill until completely cold, about 20 minutes. Once cooked and chilled, the salmon can be refrigerated in the bag for up to 5 days.

Alternatively, if you plan on using the just-cooked salmon in a spin-off recipe right away, let it rest in the bag for at least 10 minutes or up to 1 hour before proceeding.



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