



# KANONKOP

WINE ESTATE



## *Roasted salmon with miso and orange glaze*

### INGREDIENTS:

3 – 4 fillets of salmon (around 250gms – 300gms each)  
Pin boned with skin on  
Drizzle of olive oil

Miso orange glaze:

3 Tbsp mirin  
3 Tbs sake  
2 Tbsp sugar  
2 Tbs orange juice  
3 Tbsp miso paste  
Salt & black pepper

### METHOD:

Brush the salmon fillets (flesh side only) with a coating of marinade. Cover and leave overnight (optional).

Pre heat your oven to 180C and make your glaze if you have not already done it.

To make the glaze, place all the ingredients in a small pot and heat over a low flame. Whisk in the miso paste and bring it to a gentle boil for about a minute. Remove from the heat. It will thicken slightly as it cools.

When the oven is at temperature, heat a non-stick frying pan or an oven proof skillet to hot. Rub a little olive oil onto the skin of the salmon and season the fish with salt and pepper. Fry the fillets skin side down for about 3 – 4 minutes until the skin is golden and crispy.

Brush a generous layer of glaze over each fillet and place the pan in the oven, or transfer the fillets onto a baking sheet lined with baking paper and roast for about 12- 15 minutes until cooked through. Brush the salmon with another layer of miso glaze about half way through baking reserving any remaining sauce to serve.

Serving suggestion: French fries, sweet potato fries with lemon salt and a light salad such as fennel and radish with a lemon juice and olive oil. Serve with Kanonkop Rosé

CHEF'S TIP: To optimize the flavour of the glaze, you can marinate the salmon overnight. Alternatively make it on the day. When cooking the salmon, you can use a cast iron skillet (Dutch oven) to sear the skin on the stove top and then finish it off in the same pan in the oven. Otherwise transfer to a baking sheet after you have crisped up the skin.

