

Simply Ming @Home
Miso Salmon and Eggplant
Orange-Ginger Wine Spritzer
Episode 1804

Orange-Ginger Wine Spritzer
Serves 1

Ingredients

- 1 orange
- 1 large slice peeled ginger
- 1 bottle new world sauvignon blanc or your fav inexpensive wine
- 1 bottle sparkling water

1. With a peeler, make 2 large flags of orange peel, then juice it. Add the orange juice to a shaker with 1 of the orange peels and ginger slice and muddle.
2. Strain to a large wine glass filed with ice.
3. Fill with 2 parts wine and 1 part sparkling water.
4. Garnish with orange flag and enjoy.

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- 1 large slice peeled ginger
- 1 bottle sparkling water

1. With a peeler, make 2 large flags of orange peel, then juice it.
2. Add juice to a shaker with 1 orange peel and ginger slice and muddle.
3. Strain to a large wine glass filed with ice.
3. Top with sparkling water and garnish with orange flag. Enjoy

Ginger-Miso Salmon with Sesame-Cucumbers and Sushi Rice

Serves 4

Ingredients

1 1.5-2 pound piece, center cut fillet of salmon, skin removed, saved
1/2 cup Shiro miso
3 tablespoons honey
2 tablespoon tamari
2 tablespoon fresh ginger, minced
Zest and juice of 1 lemon
1/4 cup grape seed oil plus some for pan
1 large English cucumber, sliced
1/2 tablespoon sesame oil
1 tablespoon toasted sesame seeds
1 bunch scallions, sliced, white and green parts
Kosher salt and freshly ground black pepper to taste
Cooked Sushi Rice

1. In a bowl, whisk together the miso, honey, tamari, ginger, juice of 1/2 a lemon and drizzle in oil. Set aside.
2. Toss the cucumber slices with a good amount of salt, let stand for 15 min. Alternatively you can do this with the eggplant below if you are making both. If you are only making the salmon, follow the instructions as is.
3. Turn oven on broil and place the rack in the middle of oven. Heat a cast iron on med-high heat. Season salmon with salt and pepper to taste and coat pan lightly with oil (about ½ teaspoon). Sear nice side down until GB&D (golden, brown and delicious), about 5-6 minutes and flip. Coat salmon with miso glaze (save some for eggplant below) and place in oven on middle rack. Broil for 5-6 minutes until GB&D.
4. Meanwhile, rinse the salted cucumbers and place in bowl. Add juice of 1/2 lemon juice, zest, sesame oil, sesame seeds and scallion whites. Let macerate for 10 minutes.
5. On an oval platter, lay out cucumbers and spread them out. Lay hot sushi rice on top and garnish the rice with the sesame seeds. Then place salmon fillet on top of the rice and garnish with scallion greens.

Sushi Rice

8 cups of short grain of sushi rice

1. Place 8 cups of sushi rice in a bowl or large capacity rice cooker insert and add water to cover it generously. Swish the rice in a single direction to rinse off residual starch. Drain, refill the bowl or insert and swish again, rinse and repeat 3 or 4 times until the water is clear.
2. Drain the rice and transfer to the rice cooker, or to a large pot with a tight lid. If using a rice cooker, dry the outside of the insert and place in the rice cooker. Flatten the rice

with a palm and without removing your hand, add water until it just touches the highest knuckle of your middle finger. In the pot, fill water until it just touches the highest knuckle of your middle finger. In the pot, fill the water the same way, cover and bring the water to a boil over high heat, about 15 minutes. Reduce the heat to medium-high and simmer 20-25 minutes. Turn off the heat and let the rice stand, covered, to plump, 10-15 minutes. If using a rice cooker, turn it on.

Broiled Ginger-Miso Eggplant with Sushi Rice Cakes

Serves 4

Ingredients

4 Japanese Eggplant, halved lengthwise, scored and salted
Miso Glaze from above
1 cup rice vinegar
1 tablespoon sugar
2 tablespoon mirin
Hot sushi rice from above
1 tablespoon toasted sesame seeds
Kosher salt and freshly ground black pepper to taste

1. Cut the eggplant and place in strainer with a plate underneath. Let sit for 10 minutes.
2. Turn oven on broil, rack in middle of oven. Place eggplant on an oiled sheet tray and brush with Miso glaze and place in oven on middle rack. Broil for 6-8 minutes until GB&D (golden, brown and delicious).
3. Meanwhile, in a small pan, heat up vinegar, sugar and mirin until simmering. In a sushi bowl, slowly drizzle in the "Su" and make vinegar rice.
4. Let rest for at least 5 minutes. Use clean, wet hands and form triangles.
5. Plate sushi triangles and garnish with sesame seeds and scallion greens. Lay eggplant on top and garnish with a few more scallion greens and sesame seeds.