

Jason Pettit – Capital Radio Recipe



Pan Seared Teriyaki Salmon

The quintessential Japanese sauce pairs perfectly with salmon in this super easy recipe that is ready in less than 25 minutes

Ingredients – serves 4 people

4 each	salmon fillets (skin on)
1-2 Tbsp	cooking oil
1 Tsp	sesame seeds
1 Tbsp	spring onion (green part only)
	<i>salt & black pepper to taste</i>

	<u>Teriyaki sauce</u>
¼ cup	light soy sauce
2 Tbsp	water
1 Tbsp	rice vinegar
3 – 4 Tbsp	brown sugar
2 Tbsp	orange juice
¼ Tsp	ground ginger
1 clove	garlic (grated)
½ Tsp	corn flour

1 cup	jasmine rice
1.5 cup	water
1 pkt	tender stem broccoli

Method

Wash the jasmine rice by placing it into a large fine mesh sieve set inside a large bowl. Cover the rice by at least an inch with cold water and then swirl the rice with your fingers gently for a minute. Throw the cloudy water and re-fill with clean water.

Repeat this until the water in the bowl is almost clear.

Drain the rice for at least 10 minutes until touch dry.

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Cook by placing rice and water into a large pan then bring to a boil over a high heat.

Reduce heat to low, cover pan with a lid and then allow to cook for 15 minutes.

Once cooked, remove from the heat and leave covered for 10 minutes then fluff the rice with forks.

Place all Teriyaki sauce ingredients into a clean pan and whisk gently. Heat gently over a low heat until the sugar dissolves and the sauce slightly thickens.

Remove from the heat and set aside.

Pre-heat a large skillet / non-stick pan over a low-medium heat.

Brush the salmon with oil on all sides and lightly season to taste.

Place skin side down into the pan ensuring there is space between each fillet. Cover the pan with a lid/foil.

When the salmon is almost cooked, spoon over enough teriyaki sauce to coat the surface lightly and continue cooking for 1 minute.

Garnish with sesame seeds and thinly sliced green spring onion.

Cook the tender stem broccoli by steaming or grilling.

Either divide equally between the serving bowls/plates or place the pan onto the table with the steamed rice and tender stem broccoli.

Notes from the chef:

The cooking time of the salmon will depend on the thickness of the salmon fillets – select fillets of equal thickness.

Cooking the salmon skin side down and covered allows the skin to crisp and the fish to remain juicy and tender.

Salmon fillets from the tail end (approx. 10 – 15mm thick) will cook in approx. 4 – 5 minutes. Thicker fillets will take up to 8 – 10 minutes.

Do not boil the teriyaki sauce or will reduce and become very salty. Heat enough to dissolve the sugar granules and it lightly thickens.

The sauce is thick enough when it coats the back of a spoon lightly.

The sesame seeds can be toasted before cooking the salmon.

Asparagus also works very well as a simple vegetable ingredient.

Tbsp - tablespoon

Tsp - teaspoon