

BROILED SESAME SALMON BIBIMBAP

Recipe from James Beard award-winning author Diane Morgan's cookbook, *Salmon: Everything You Need to Know + 45 Recipes*.

Serves 4

Bibimbap is a traditional Korean one-dish meal that marries rice, assorted vegetables, oftentimes kimchi, a raw or fried egg, seaweed strands, and, perhaps, a small amount of meat, chicken, or fish. It's the ultimate grazing bowl and a terrific way to utilize leftovers.

SALMON

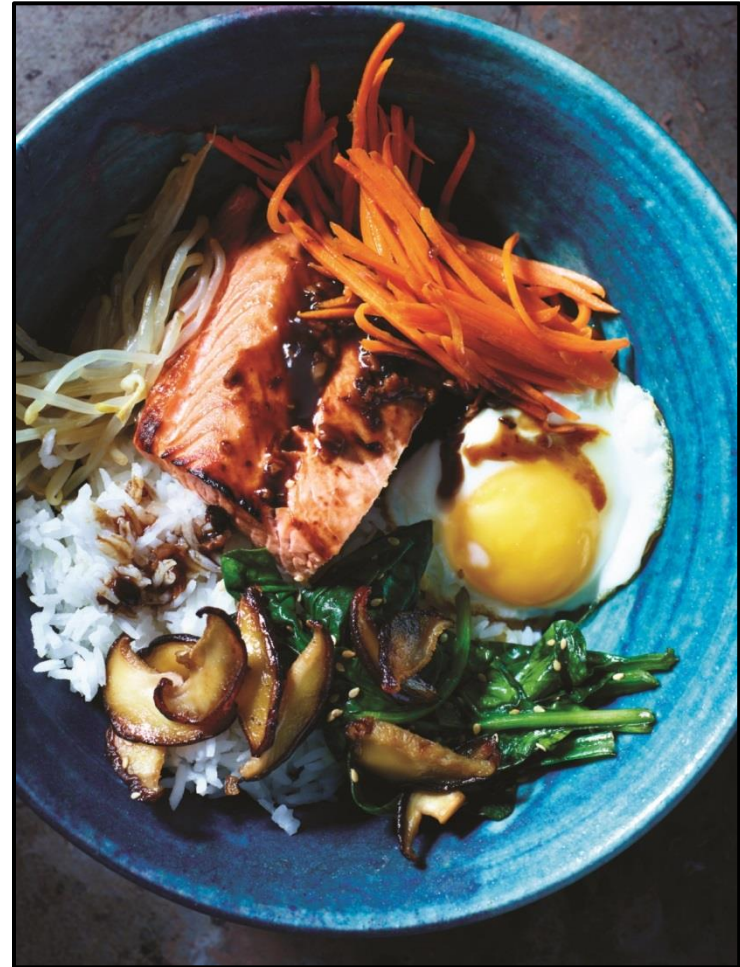
One 12-oz [340-g] salmon fillet, skin on and scaled, pin bones removed
1 Tbsp soy sauce
2 Tbsp unseasoned rice vinegar
1/4 cup [60 ml] mirin (Japanese sweet cooking wine)
1 tsp peeled and finely grated fresh ginger
1 tsp sesame seeds, toasted
1/8 tsp freshly ground black pepper

VEGETABLES

Fine sea salt
4 oz [115 g] bean sprouts
8 oz [230 g] baby spinach
2 tsp soy sauce
1 tsp Asian sesame oil
2 tsp sesame seeds, toasted
4 tsp grapeseed or other neutral oil
8 oz [230 g] shiitake mushrooms, stems removed, caps cut into thin strips
4 tsp mirin (Japanese sweet cooking wine)
2 carrots, peeled and cut into matchsticks

BIBIMBAP SAUCE

1/4 cup [60 ml] gochujang (Korean chile bean sauce) or Chinese chile bean sauce
2 Tbsp water
2 Tbsp sugar
2 tsp Asian sesame oil
2 tsp unseasoned rice vinegar
2 cups hot steamed rice
4 wok-fried eggs (optional)



COOKING DIRECTIONS

1. **TO PREPARE THE SALMON:** Place the fillet in a nonreactive pan just large enough to hold it. In a small bowl, combine the soy sauce, vinegar, mirin, ginger, sesame seeds, and pepper and mix well. Pour the marinade over the salmon, then turn the salmon to coat all sides. (Alternatively, place the salmon in a freezer-strength lock-top plastic bag, pour in the marinade, press to remove any air from the bag, and seal tightly. Turn the bag to coat the salmon on all sides with the marinade.) Marinate the salmon at room temperature for at least 30 minutes but no more than 1 hour.

2. **MEANWHILE, PREPARE THE VEGETABLES:** Fill a large saucepan two-thirds full of water and bring to a boil over high heat. Add 1 tsp salt and then add the bean sprouts and cook for 1 minute. Using a slotted spoon, transfer the sprouts to a colander to drain. Blot the sprouts with paper towels and transfer to a small bowl.

3. Add the spinach to the same boiling water and cook just until bright green and wilted, about 1 minute. Drain the spinach in the colander and place under cold running water to stop the cooking. Shake off the excess water. When the spinach is cool, squeeze out the excess liquid and transfer the spinach to a medium bowl.

4. Toss the sprouts with 1/2 tsp of the soy sauce and 1/4 tsp of the sesame oil. Set aside. Toss the spinach with 1 tsp of the soy sauce, 1/4 tsp of the sesame oil, and the sesame seeds. Set aside.

5. In a wok or a large, deep frying pan, heat 2 tsp of the grapeseed oil over high heat and swirl to coat the bottom and sides of the pan. Add the mushrooms and stir-fry for 1 minute. Add 2 tsp of the mirin, 1/4 tsp of the sesame oil, and the remaining 1/2 tsp soy sauce. Stir-fry until the mushrooms are browned and softened, about 2 minutes longer. Transfer to a plate. Add the remaining 2 tsp grapeseed oil to

the pan over high heat and swirl to coat the bottom and sides of the pan. Add the carrots and stir-fry for 2 minutes. Add a pinch of salt and the remaining 2 tsp mirin and 1/4 tsp sesame oil. Stir-fry until crisp-tender, about 1 minute longer. Transfer to a plate and set aside.

6. **TO MAKE THE SAUCE:** In a small bowl, combine the gochujang, water, sugar, sesame oil, and vinegar and mix well. Set aside until ready to serve.

7. Position an oven rack 3 to 4 in [7.5 to 10 cm] from the heat source and preheat the broiler. Line a rimmed baking sheet with aluminum foil. Remove the salmon from the marinade, wiping off any excess. Place the salmon, skin-side down, on the prepared baking sheet.

8. Broil the salmon until it begins to color, about 3 minutes. Turn the salmon skin-side up and cook until almost opaque throughout but still very moist, or an instant-read thermometer inserted into the center registers 115° to 120°F [45° to 49°C], 3 to 4 minutes longer. (Don't worry if the skin starts to char; it will be removed before serving.)

9. Remove the salmon from the broiler. Lift off the skin and discard it or chop some of the crispy pieces and reserve for garnishing the bowls. Cut the salmon into four equal portions.

10. Divide the rice evenly among warmed bowls. Top each serving of rice with a portion of salmon, arranging it to one side of the bowl. Arrange the vegetables—bean sprouts, spinach, mushrooms, and carrots—in individual mounds around the sides of the bowl. Slip in a wok-fried egg, if desired. Spoon some of the sauce onto the center of each bowl and garnish with some crisp salmon skin, if you like. Serve immediately.