



Miele

Salmon tataki, sesame, edamame and soy

By Miele

5 minutes

Preparation time

3-4 minutes

Cooking time

2-3 servings

Serves

INGREDIENTS

1 x 200g salmon supreme portion,
skin off
2 tablespoons soy sauce
1 teaspoon wasabi paste
80g podded edamame beans
15g white sesame seeds
5g black sesame seeds
Grapeseed oil
Japanese kewpie mayonnaise
Sea salt flakes

METHOD

1. Mix soy sauce with wasabi, place in a shallow dish.
2. Place salmon in the soy and wasabi marinade, turn to coat all sides.
3. Mix sesame seeds and place on a flat plate.
4. Press one side of the salmon into the sesame seeds, turn and press the opposite side into the sesame seeds to form a crust.
5. Heat a frying pan on medium-high heat, Induction setting 7, heat for 4-5 minutes, or if using temperature control Setting 3.
6. When pre-heated add 1-2 teaspoons of grapeseed oil, then add salmon and sear 1 side for 1-2 minutes until sesame seeds are well browned. Turn the salmon carefully and sear the opposite side. Remove and slice for service.
7. Place water in a small saucepan and bring to the boil on high heat, Induction setting 9, or boost function. Add podded edamame beans, blanch for 30 seconds. Remove to a bowl with a slotted spoon, season with sea salt flakes.
8. Place salmon in a serving bowl, add a little squeeze of mayonnaise to the side and scatter over the edamame beans. Spoon a little extra soy and wasabi marinade over the salmon to serve.

Hints and tips

- Edamame beans are bought frozen in pods. To defrost simply place in a bowl of water for 5 minutes or until defrosted, then squeeze out the bright green beans.