

Miso Marinated Salmon with Kimchi Steamed Rice and Garlic Green Beans

Ingredients:

Sous Vide Miso Salmon

- Two 4-6 oz Salmon Pieces
- ¼ cup of miso paste (I prefer low sodium)
- 2 tbsp mirin
- 1 tbsp of brown sugar
- 1 tbsp of olive oil
- 2 garlic cloves sliced
- 1-inch piece of ginger sliced
- 2 green onions sliced

Kimchi Steamed Rice

- 1 cup short grain Japanese rice (use the supplied measuring cup)
- ½ cup kimchi, chopped with its juice
- 1 tbsp soy sauce
- 1 tbsp rice vinegar
- ½ tsp gochujang
- 1 green onion chopped
- 1 tsp of salt
- Dash of pepper
- 1 cup water
- 1 tbsp sesame oil

Steamed Green Beans

- 2 cups of green beans
- 4 garlic cloves chopped
- 1 tbsp of spicy garlic sesame seasoning from Whole Foods or preferred seasoning
- Salt and pepper to taste

Method:

Sous Vide Miso Salmon

1. Place salmon in sous vide bags, I like to sprinkle just a little salt on salmon. Be careful not to oversalt. Miso paste already has sodium.
2. Mix all ingredients in a bowl and pour into bags.
3. Sous vide salmon for 40 min at 130°F.
4. Once the fish is done make sure to be gentle because it becomes very delicate.
5. Pan sear for 3 min on each side for a nice caramelization.

Kimchi Steamed Rice

1. Thoroughly wash your rice until the water is semi-clear.
2. Place in steam tray with water, add all ingredients (except sesame oil) and give it a good mix.
3. If making it in Miele steam oven, choose rice in the automated programs. If not using Miele you can set your oven to steam at 210°F for 25 minutes. Insert rice in cold oven.
4. Once rice is done sprinkle sesame oil and fluff with a fork.

Steamed Green Beans

1. Place green beans in perforated tray.
2. Steam under automatic programs or for about 4 min under steam 210°F. Place beans in cold oven.
3. Once done, remove from oven and place in a mixing bowl with a drizzle of oil, garlic, seasoning and salt and pepper. Toss and serve.