



## Cook the Book: Salmon Hot Pot



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



903 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 cups bay leaves stemmed
- ☐ 4 cups dashi granules
- ☐ 3.5 ounces enoki mushrooms trimmed (half of a 200-gram package)
- ☐ 0.5 pound cabbage green cut into bite-size pieces
- ☐ 1 pound baking potatoes peeled halved lengthwise cut into 1/4-inch-thick slices
- ☐ 0.3 cup mirin
- ☐ 0.8 cup miso
- ☐ 0.8 pound onion spanish

- ☐ 1 pound salmon fillet halved lengthwise sliced into 1/2-inch-thick pieces
- ☐ 1 tablespoon carrot for garnish
- ☐ 4 ounces mushroom caps stemmed ( 8 pieces)
- ☐ 0.5 pound tofu firm cut into 4 pieces

## Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ chopsticks

## Directions

- ☐ Prepare the broth by combining the dashi, miso, and mirin in a bowl, whisking to blend well; reserve.
- ☐ Place the onion slices on the bottom of a hot pot and randomly pile the cabbage and potatoes on top of it.
- ☐ Pour in the reserved broth. Cover the pot and bring to a boil over high heat. Decrease the heat to medium and simmer for 3 minutes.
- ☐ Uncover the pot, and place the tofu, harusame, negi, enoki mushrooms, and shiitake mushrooms on top of the other ingredients, arranging each in a separate, neat bunch. Cover the pot again and simmer for 5 minutes more.
- ☐ Uncover the pot and arrange the salmon slices on top of the other ingredients. Simmer until the salmon is cooked through, about 5 minutes more. As the fish cooks, use chopsticks at regular to separate the slices and press them into the broth so they heat through evenly.
- ☐ Add the shungiku leaves and simmer for 1 minute more.
- ☐ Garnish with a sprinkle of salmon roe, if using, over the pot.
- ☐ Transfer the hot pot to the dining table.
- ☐ Serve the ingredients together with the broth in small bowl, accenting with the sansho.
- ☐ Suggested side dish: Individual bowls of steamed rice.

## Nutrition Facts



 PROTEIN **21.19%**  FAT **21.82%**  CARBS **56.99%**

Properties

Glycemic Index:65.94, Glycemic Load:25.5, Inflammation Score:-10, Nutrition Score:68.020434058231%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 17.42mg, Quercetin: 17.42mg, Quercetin: 17.42mg, Quercetin: 17.42mg

Nutrients (% of daily need)

Calories: 903.33kcal (45.17%), Fat: 24.8g (38.16%), Saturated Fat: 5.08g (31.78%), Carbohydrates: 145.77g (48.59%), Net Carbohydrates: 105.71g (38.44%), Sugar: 13.91g (15.46%), Cholesterol: 75.46mg (25.15%), Sodium: 2917.17mg (126.83%), Alcohol: 1.48g (100%), Alcohol %: 0.21% (100%), Protein: 54.19g (108.38%), Manganese: 10.58mg (529.24%), Iron: 56.09mg (311.63%), Vitamin B6: 3.79mg (189.48%), Fiber: 40.07g (160.26%), Vitamin A: 7485.33IU (149.71%), Calcium: 1231.96mg (123.2%), Vitamin C: 88.99mg (107.87%), Vitamin B3: 19.41mg (97.03%), Folate: 335.5µg (83.88%), Vitamin B2: 1.34mg (78.96%), Selenium: 54.64µg (78.06%), Vitamin B12: 4.17µg (69.52%), Phosphorus: 689.3mg (68.93%), Potassium: 2375.95mg (67.88%), Copper: 1.35mg (67.38%), Magnesium: 253.76mg (63.44%), Vitamin K: 61.08µg (58.17%), Zinc: 7.73mg (51.54%), Vitamin B1: 0.55mg (36.84%), Vitamin B5: 3.42mg (34.22%), Vitamin E: 0.73mg (4.88%), Vitamin D: 0.56µg (3.74%)