



 **71%**
HEALTH SCORE

Grilled Oregon Chinook in Matsutake Ginger Broth

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



180 min.

SERVINGS



6

CALORIES



869 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 ounce katsuo bonito shavings
- 1.5 cups carrots julienned
- 3 sticks celery chopped
- 1 tablespoon chili paste depending on your taste pref
- 2 ounces ginger root fresh peeled sliced
- 4 ounces ginger rootr fresh sliced
- 1 cup leeks diced cleaned

- 2 tablespoons lemon zest
- 6 ounces matsutake mushrooms sliced
- 1 large onion peeled chopped
- 0.5 cup rice wine vinegar
- 5 tablespoons rice wine vinegar
- 36 ounce salmon wild (Chinook)
- 1 cup scallions julienned
- 4 teaspoons sea salt
- 1 tablespoon sesame seed toasted
- 3.3 cups short-grain rice washed
- 0.5 tablespoon sugar
- 2 tablespoons sugar
- 5 tablespoons sugar
- 0.3 cup tamari sauce
- 1 cup tamari sauce
- 0.1 cup vegetable oil
- 2 quarts water
- 4 cups water
- 1 piece konbu dried (giant kelp)
- 4 konbu
- 1 piece konbu dried (giant kelp)
- 4 konbu

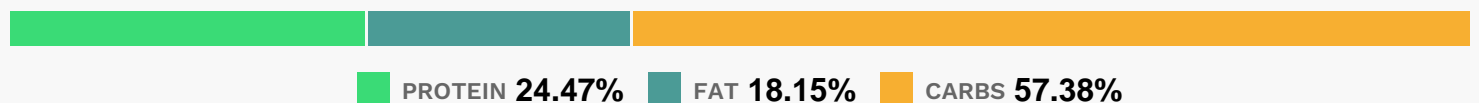
Equipment

- bowl
- paper towels
- sauce pan
- plastic wrap
- grill

Directions

- Preheat grill.
- Combine the tamari, ginger, chili paste, lemon zest and sugar and pour over the salmon portions in a shallow dish. Turn the fish to coat it evenly, cover with plastic wrap and refrigerate for 2 hours.
- Remove the salmon from the marinade and blot dry with paper towels.
- Brush the salmon with the oil on all sides. On a hot grill cook over hot coals for 2 to 3 minutes to brown and mark the fish nicely, turn and continue cooking to desired doneness, 2 to 3 more minutes.
- Simmer the carrots, leeks and scallions in the Seasoned Broth, until al dente, about 4 to 6 minutes.
- To serve divide the broth with vegetables between 6 bowls, top each with a sticky rice cake, mushrooms, and a grilled portion of salmon. Finally, sprinkle with the toasted sesame seeds.
- Bring all ingredients, except the bonito shavings, to a simmer in a saucepan. Cook over low heat for 45 minutes, remove from the heat and gently stir in the bonito shavings. Allow the broth to rest for 20 to 30 minutes before straining. Strain and discard solids.
- Bring the rice vinegar, sugar and sea salt to a boil in a small sauce pan, remove from the heat and set aside.
- Place rice, water and konbu in a heavy bottom saucepan and cover, bring to a simmer over medium heat. When the rice begins to boil reduce the heat to low, stir it gently once and continue cooking, covered until all the liquid is absorbed. Allow the cooked rice to cool 10 to 15 minutes covered with a clean towel.
- Turn the cooked rice out onto a tray or large bowl and fan it to cool. Using a large scoop or your hands moistened with a mixture of the vinegar and water portion the sticky rice into 6 balls and flatten them to form cakes. Lightly wrap the cakes and hold in a warm place until serving time.

Nutrition Facts



Properties

Glycemic Index:114.85, Glycemic Load:83.78, Inflammation Score:-10, Nutrition Score:53.344347285188%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

Nutrients (% of daily need)

Calories: 868.74kcal (43.44%), Fat: 17.2g (26.46%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 122.28g (40.76%), Net Carbohydrates: 115.2g (41.89%), Sugar: 20.99g (23.32%), Cholesterol: 96.72mg (32.24%), Sodium: 4413.91mg (191.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.16g (104.33%), Selenium: 83.34µg (119.06%), Vitamin A: 5924.12IU (118.48%), Vitamin B3: 21.75mg (108.75%), Vitamin B6: 1.9mg (95.24%), Vitamin B12: 5.42µg (90.34%), Folate: 355.84µg (88.96%), Manganese: 1.75mg (87.6%), Vitamin B1: 1.14mg (75.99%), Phosphorus: 588.61mg (58.86%), Vitamin K: 60.07µg (57.21%), Vitamin B2: 0.96mg (56.52%), Copper: 1.08mg (54.03%), Vitamin B5: 5.13mg (51.32%), Iron: 8.53mg (47.41%), Potassium: 1553.37mg (44.38%), Magnesium: 135.4mg (33.85%), Fiber: 7.07g (28.29%), Zinc: 3.16mg (21.06%), Vitamin C: 14.29mg (17.32%), Calcium: 117.45mg (11.75%), Vitamin E: 0.96mg (6.41%)