



Slow-Roasted Red-Wine-Lacquered Salmon Fillet



Gluten Free



Dairy Free



Low Fod Map

READY IN



1500 min.

SERVINGS



10

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup t brown sugar dark packed
- ☐ 2 cups wine dry red
- ☐ 4 inch ginger fresh peeled
- ☐ 2 teaspoons juice of lime fresh
- ☐ 10 servings lime wedges
- ☐ 1.3 cups rice wine sweet (Japanese rice wine)
- ☐ 1 tablespoon olive oil

- ☐ 4.5 pound salmon fillet wild (preferably king;)
- ☐ 1 cup soya sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ aluminum foil
- ☐ spatula
- ☐ box grater

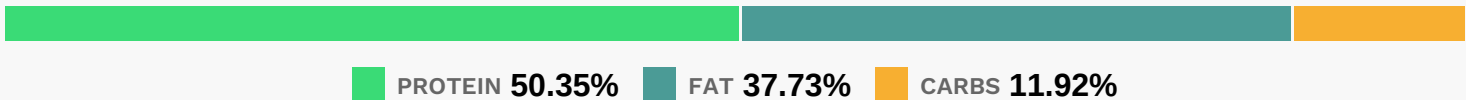
Directions

- ☐ Put oven rack in middle position and preheat oven to 225°F.
- ☐ Finely grate ginger on small holes of a box grater into a fine-mesh sieve, then set sieve over a bowl and press on ginger to extract 2 teaspoons juice. Bring soy sauce, wine, mirin, brown sugar, and ginger juice to a boil in a 3- to 3 1/2-quart heavy saucepan. Reduce heat to moderate and briskly simmer, stirring occasionally, until syrupy and reduced to about 1 cup, 45 to 55 minutes.
- ☐ Transfer to a bowl, then quick-chill by setting bowl in a larger bowl of ice water and stirring occasionally for 5 minutes. Stir in lime juice. Reserve 1/2 cup glaze in a small bowl for brushing after roasting.
- ☐ Line a 17- by 12-inch heavy shallow baking pan with foil and coat foil with oil (1 tablespoon).
- ☐ Arrange salmon, skin side down, diagonally in pan, then spoon about 2 tablespoons glaze over salmon, spreading it evenly with back of spoon.
- ☐ Let stand 5 minutes, then spoon and spread another 2 tablespoons glaze over salmon.
- ☐ Roast 15 minutes.
- ☐ Remove from oven and glaze again (use a clean spoon each time), then roast 10 minutes more. Repeat glazing and continue to roast until fish is just cooked through (opaque), 10 to 20

minutes more (35 to 45 minutes total, depending on thickness of fish; check frequently after 35 minutes).

- ☐ Transfer with 2 wide metal spatulas to a platter, then coat with a final layer of reserved glaze (about 2 tablespoons) using a clean spoon.
- ☐ Serve remaining glaze on the side if desired.
- ☐ Glaze can be made 2 days ahead and chilled, covered. Bring to room temperature before using.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:28.695651906988%

Flavonoids

Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg Malvidin: 12.6mg, Malvidin: 12.6mg, Malvidin: 12.6mg, Malvidin: 12.6mg Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 422.55kcal (21.13%), Fat: 14.39g (22.14%), Saturated Fat: 2.2g (13.78%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 9.95g (3.62%), Sugar: 5.81g (6.46%), Cholesterol: 112.26mg (37.42%), Sodium: 1388.38mg (60.36%), Alcohol: 10.19g (100%), Alcohol %: 4.05% (100%), Protein: 43.2g (86.39%), Vitamin B12: 6.49µg (108.18%), Selenium: 75.23µg (107.47%), Vitamin B6: 1.72mg (86.18%), Vitamin B3: 16.99mg (84.95%), Vitamin B2: 0.81mg (47.78%), Phosphorus: 441.81mg (44.18%), Vitamin B5: 3.5mg (35%), Vitamin B1: 0.48mg (31.75%), Potassium: 1078.49mg (30.81%), Copper: 0.55mg (27.72%), Magnesium: 72.23mg (18.06%), Folate: 55.75µg (13.94%), Iron: 2.29mg (12.71%), Zinc: 1.43mg (9.5%), Manganese: 0.16mg (7.93%), Calcium: 36.23mg (3.62%), Vitamin A: 82.65IU (1.65%), Vitamin E: 0.21mg (1.42%), Fiber: 0.27g (1.09%)