Sweet & Salty Asian Salmon
OVER SOBA NOODLES

SOBA NOODLES:
1 12oz box soba noodles
1 large lime squeezed
3 tbsp soy sauce
6 tsp honey
6 tsp sesame oil
1 c blanched, shredded carrots
1 tsp Sriracha sauce
3 tbsp toasted sesame seeds
3 tbsp chopped cilantro & green onion

Cook noodles according to directions on box. Make dressing by whisking lime juice, soy sauce, honey, sesame oil, Sriracha sauce and sesame seeds in a large bowl. To same bowl, add cooked noodles, carrots, cilantro, green onions and toss well.

SWEET & SALTY SALMON:
Canola oil
2½ tbsp coarse kosher salt
½ c white sugar
¼ tsp freshly ground black pepper
4 4oz salmon filets, with skin, 1-2" thick

Combine the sugar, salt, and black pepper in a bowl. Dip each filet in the mixture, coating the entire surface.

For this step, there will be burnt sugar in the pan, that’s OK. And you’re definitely going to need your vent fan on. Or you could do it outside like I did. Heat a couple tablespoons of the canola oil in a large nonstick skillet over medium heat. When the oil is hot, add the salmon, skin side down in the pan, and saute for about 3 minutes, or until a dark, golden-brown crust has formed. With tongs, carefully flip filets over and saute another 2-3 minutes on the opposite side, again trying to achieve a brown crust. Using your tongs, turn filets on their sides and brown about 30 seconds or so per side, creating a nice crust and color all the way around.

Preheat the broiler to 450 degrees.

Transfer filets with tongs to a greased, foil-lined cookie sheet and sprinkle the top of each filet with a teaspoon of the sugar/salt mixture. (I transfer to a foil-lined cookie sheet to ease the pain of cleaning burnt sugar off my pan.) On the lowest rack in your oven, broil the salmon for about 4-5 minutes, checking occasionally to make sure it’s not burning. Then transfer your cookie sheet to the highest rack in your oven (usually about 3” from the top) and broil 1 minute longer - watch carefully! This will get you the final desired crispy top. Remove from oven.

Plate the dish in a shallow bowl with a serving of your soba noodles (room temperature or warm) topped with a salmon filet, garnish with cilantro, green onions and lime wedge. I left the skin on mine, but you can easily peel it off before serving if desired. SERVES 4.

Recipe and photos by Heather Peterek, Staff Seafood Enthusiast