

Salmon & Asparagus with Miso-Ginger Glaze

鮭とアスパラガスの味噌しょうが炒め

Serves 2

Ingredients

- Salmon
- 350 g boneless salmon fillet, cut into 3 cm cubes 鮭
- 2 tsp sake 酒
- 2 tsp potato starch 片栗粉
- ¼ tsp white pepper 白こしょう

Vegetables

- 150 g asparagus, cut into 5 cm lengths アスパラガス
- 100 g shimeji mushrooms, separated into bite-size clusters しめじ
- 120g yellow onion, cut into wedges 玉ねぎ
- 3 scallions, cut diagonally into 4 cm lengths 青ねぎ
- 2 cloves garlic, finely minced にんにく
- 15 g fresh ginger, finely minced しょうが

Miso-Ginger Glaze

- 2 T white miso 白味噌
- 1¼ T Big Tree Organic Coco Aminos Marinade & Sauce ココアミノ
- 2½ tsp reduced-sodium soy sauce 減塩しょうゆ
- 2½ tsp sake 酒
- 1¼ tsp mirin みりん
- 60 ml reduced-sodium chicken or vegetable stock チキンストック
- 1¼ tsp rice vinegar 米酢
- 1¼ tsp honey はちみつ
- 1¼ tsp potato starch 片栗粉

Finish

- 10 g unsalted butter 無塩バター
- 1 tsp toasted sesame oil ごま油
- 2 tsp toasted sesame seeds 白ごま



Instructions

1. Pat the **salmon** dry with paper towels.
2. Place the cubes in a bowl and gently toss with the **sake**, **potato starch**, and **white pepper** until evenly coated. Allow to **marinate for 10–15 minutes** while preparing the remaining ingredients.
3. In a small bowl, whisk together the **white miso**, **Big Tree Coco Aminos**, **reduced-sodium soy sauce**, **sake**, **mirin**, **chicken stock**, **rice vinegar**, **honey**, and **potato starch** until completely smooth. Set the sauce beside the stove and stir again immediately before using.
4. Trim and cut the **asparagus** into approximately 5 cm lengths.
 - Separate the **shimeji** into small clusters.
 - Cut the **onion** into wedges.
 - Slice the **scallions** diagonally.
 - Mince the **garlic** and **ginger**.

- Arrange everything beside the stove in the order it will be added to the wok.
- 5. Preheat over **medium heat** for **1½–2 minutes**, then increase to **medium-high** for **30–45 seconds**. Add the **1½ T canola oil** as soon as the wok reaches temperature. The wok should sizzle immediately but should not be producing heavy smoke.
- 6. Carefully place the salmon cubes into the hot wok in a single layer. Cook one side for 90 seconds (leave it alone) Turn gently with the spatula and cook for **60–90 second more**. The salmon should still be slightly undercooked in the center. Remove immediately to a clean plate, add 1 T stock, scrape the bottom and let it evaporate.
- 7. If necessary, add **another tsp of canola oil**. Add the **onion** and **asparagus**. Stir-fry for about **2 minutes**, allowing brief contact with the hot wok between tosses.
- 8. Add the **shimeji mushrooms**, **garlic**, and **ginger**. Continue stir-frying for **1–1½ minutes** until the asparagus remains bright green and the mushrooms have just softened.
- 9. Return the **salmon** and any **accumulated juices** to the wok. Stir the sauce once more and pour it around the edge of the wok. Cook for **20–30 seconds**, tossing gently until the glaze lightly coats everything.
- 10. Turn off the heat. Add the **butter** and **sesame oil**. Fold gently until the butter melts into the sauce.
- 11. Finally, add the **scallions** and toss once or twice. Avoid overmixing so the salmon remains in attractive pieces.
- 12. Sprinkle with toasted **sesame seeds**. Serve immediately over steamed jasmine or brown rice.

Suggested Side Dishes

Excellent with:

- Steamed brown or jasmine rice
- Japanese cucumber salad
- Chilled tomato wedges
- Sesame spinach
- Steamed edamame
- Simple miso soup

Wok Tips

- This recipe demonstrates one of the most important principles of wok cooking:
 - **Delicate proteins should always be cooked separately and returned to the wok at the very end.**
 - Salmon continues cooking after it leaves the heat.
 - Removing it slightly early preserves its moisture and prevents it from breaking apart while allowing the vegetables to remain crisp and vibrant.
 - When cooking fish, use the wok spatula to gently loosen each piece before turning. If the salmon releases easily, it has browned sufficiently. If it sticks, allow it another 15–20 seconds before trying again.
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Make-Ahead Notes

- The miso glaze may be prepared up to **2 days ahead** and refrigerated.
 - All vegetables may be cut several hours ahead and refrigerated.
 - Marinate the salmon no longer than **15–20 minutes**.
 - Leftovers reheat best gently in the wok over medium heat for **1–2 minutes**. Avoid microwaving if possible, as the salmon can quickly overcook.
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Notes

- White miso provides sweetness and umami while allowing the delicate flavor of the salmon to remain the focus.
 - Big Tree Organic Coco Aminos adds complexity with less sodium than relying entirely on soy sauce.
 - The small amount of butter added off the heat creates a silky restaurant-style finish without making the sauce heavy.
 - Sesame oil is intentionally added after cooking so its aroma remains bright and fresh.
 - The glaze should lightly coat the ingredients rather than pool in the bottom of the wok.
 - Broccolini, sugar snap peas, or green beans may be substituted seasonally for the asparagus.
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Nutrition (Approximate)

Per Serving (without rice)

Kcal total: ~555 kcal | Protein: ~48.5 g | Fat: ~31.0 g | Sat Fat: ~6.0 g | Carbs: ~18.0 g | Sugars: ~8.5 g | Fiber: ~3.5 g | Sodium: ~590 mg | Omega-3: ~3.2 g

Per Serving (with 150g brown rice)

Kcal total: ~720 kcal | Protein: ~52.0 g | Fat: ~32.5 g | Sat Fat: ~6.0 g | Carbs: ~52.0 g | Sugars: ~8.5 g | Fiber: ~6.8 g | Sodium: ~595 mg | Omega-3: ~3.2 g

Whole recipe

Protein: 97g

GP = 0.116 g protein per gram of finished food (before serving with rice)

Chef's Notes

This dish was designed specifically for a carbon steel wok and reflects my style of cooking—fresh ingredients, moderate sodium, high protein, and sauces that enhance rather than overwhelm the food.

The goal is not to imitate a heavily sauced restaurant stir-fry, but to let each ingredient retain its own character. The asparagus should remain crisp-tender, the mushrooms juicy, and the salmon moist and flaky, all brought together by a light miso-ginger glaze with just enough richness from the butter and toasted sesame oil.