

# SESAME SALMON

Food Today

comments

Yields 4 servings  
 Good served with rice  
 Oven will be preheated to 350 degrees.

notes

Need an ovenproof dish for sautéing and baking.

prepare in advance

## For the Baking Seasonings

**Finely chop**

**Grate**

**Measure together in oven-proof dish**

**For the Fish  
Have available**

**Measure**

**Place in small bowls, to serve with fish once it is ready**

## Ingredients

2 large, peeled shallots (1/4 cup)

1 T fresh ginger

1 tsp. hot chili oil

1/4 cup dry sherry

1/4 cup fish or clam broth (or chicken broth)

2 T soy sauce

4 salmon fillets, (thick pieces, no bones), skin off, 6-7 oz.

salt and freshly-ground pepper

1 T canola oil

2 T white sesame seeds

2 T black sesame seeds

pickled ginger

soy sauce

chili sauce (optional)

complete recipe

Preheat oven to 350 degrees

### Seasonings:

Put all the baking seasonings in the oven-proof baking dish.

### Prepare Fish:

Brush salmon with 1 T oil.

Season with salt and fresh-grated pepper.

Dredge flesh side (not skin) in sesame seeds.

### Finish Fish:

Heat sauté pan over medium heat with the 1 T canola oil.

Sear steaks on both sides (sesame-side first) to golden brown; do not burn sesame seeds.

Place fish, seed side up on the seasonings in baking dish; place in oven.

Roast for 7 to 8 minutes for medium rare, or cook to your preference.

Serve with additional soy sauce and pickled ginger on the side; chili sauce, if you wish.