SUSHI-SAN
寿司さん

MISO SALMON BENEDICT

WITH CRISPY RICE
AND YUZU HOLLANDAISE

Yield: 2 servings



INGREDIENTS

FOR BENEDICT

3 cups sushi rice, cooked

2 4-oz. Grilled Miso Salmon Filets (see sub recipe below)

3 cups water

3 Tbsp. white vinegar

2 fresh eggs

1 cup Yuzu Hollandaise (see sub recipe below)

FOR GRILLED MISO SALMON

1 cup mirin

1 cup sake

1/4 cup sugar

1 cup white miso

2 4-oz. salmon filets

toasted white sesame seeds, for garnish

1 lime, cut into wedges

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METHOD

FOR GRILLED MISO SALMON

1. To prepare the miso marinade, in a sauce pot, combine sake and mirin and bring to a boil. Reduce to a low simmer for 10 minutes.
2. Add sugar and white miso, and whisk well until dissolved.
3. Remove from heat and allow to cool completely.
4. In a medium container, combine salmon filets and 1 cup of miso marinade and refrigerate, allowing it to soak for at least 2 hours, or ideally overnight. Flip the salmon halfway through to ensure even flavor absorption. (Note: Label, date and refrigerate any extra marinade in an airtight container for up to 21 days.)
5. Once ready to grill the salmon, to expedite cooking and reduce the risk of burning, allow the salmon to come to room temperature before grilling.
6. Preheat the grill to medium. When the grill is hot, wipe the cooking area with a lightly oiled towel to prevent sticking.
7. Place the salmon on the grill, flesh side down first, and cook for 5-6 minutes, taking care to monitor the heat to prevent the marinade sugars from burning.
8. Once nice grill marks are achieved, flip the salmon and continue cooking skin side down to your desired level of doneness. Sprinkle salmon with sesame seeds, set aside and keep warm until ready to serve.

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FOR YUZU HOLLANDAISE

Makes 2 cups

5 eggs

½ tsp. salt

4 tsp. yuzu juice

4 tsp. lemon juice

1 cup melted butter, unsalted

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FOR YUZU HOLLANDAISE

1. Add the eggs, salt, yuzu juice and lemon juice to a blender and blend together on slow speed until combined.
2. Melt the butter and, while the blender is running on low speed, slowly drizzle into the mixture. Set aside until ready to use.

FOR THE BENEDICT

1. Preheat a waffle iron.
2. Divide and shape cooked sushi rice into two equal balls. Place one at a time in the center of the waffle iron and press. Cook for 5 minutes each to set the form and crisp the rice. Set aside and keep warm until ready to serve.
3. To poach the eggs, combine white vinegar with three cups of water in a small saucepan and bring to a gentle simmer.
4. Crack the eggs separately into small bowls or ramekins for easier transfer.
5. Stir the water in a circular motion with a spoon to create a gentle whirlpool, which helps the eggs hold their shape. Gently slide the eggs one at a time into the simmering water. Let them cook for about 2 minutes, or until the egg whites are set but the yolks remain runny.
6. Use a slotted spoon to remove the eggs and gently pat dry. (If not serving immediately, transfer the poached eggs to a bowl of ice water to stop the cooking process.)
7. To build the benedict, place a crispy rice waffle on a plate, top with grilled miso salmon filet, then gently place a poached egg on top of the salmon. Repeat with second set of ingredients.
8. Drizzle each benedict with ½ cup of Yuzu Hollandaise and serve with lime wedges on the side.

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