



From the Archive! Recipe 4.26.2024

Gochujang Broiled Salmon Bowl

4 Servings



Figuring out what type of salmon to buy can be overwhelming: farmed vs. organic. Frozen vs. fresh. Wild sounds great, but which one? Coho, Alaskan, Scottish, King, Alaskan, Steelhead... My advice, and the rule I follow when I shop, is to ask the person working the fish counter. I think a fattier type works best in this preparation, but tell them you don't want something too buttery because it needs to stand up to the spicy-sweet-charred marinade. If you haven't purchased gochujang before, it has become pretty easy to find in mainstream markets. You can definitely find it at an Asian market or order it online. A little goes a long way, it lasts forever, and you'll find plenty of other places to use it.

Ingredients

- 4 salmon fillets or sablefish (black cod), 6 to 8 ounces each, skin optional
- 2 tablespoons gochujang
- 2 tablespoons mirin
- 1 tablespoon miso
- 1 teaspoon oyster sauce

Ingredients (cont.)

1 teaspoon toasted sesame oil, plus more for serving

1 teaspoon plus ¼ cup unseasoned rice vinegar, divided

1 teaspoon soy sauce

1 garlic clove, finely grated

1 ½ cups short grain white rice

Kosher salt, to taste

3 medium carrots, any color

½ red onion

2 teaspoons sugar, divided

Furikake (such as nori komi furikake) and/or toasted sesame seeds, toasted nori sheets, kimchi, chili crisp, and/or fried shallots (store bought), for serving, optional

Place the salmon fillets in a baking dish or other container that holds them snugly (this could even be a zip-top bag).

In a small bowl, combine the gochujang, mirin, miso, oyster sauce, 1 teaspoon sesame oil, 1 teaspoon vinegar, soy sauce, and grated garlic. Whisk until smooth. Scrape the marinade over the salmon and turn to coat on all sides. Let salmon marinate at room temperature while you prep the other components of the meal, or cover and refrigerate up to overnight.

In the meantime, make the rice: Set a medium pot (the one you're going to cook the rice in) in your sink and dump the rice into the pot. Run cold water over the rice until it's submerged by a couple of inches. Use your fingertips to comb through the rice and swish it around until the water is cloudy. Drain the rice in a colander and return it to the now-empty pot. Repeat until the water is mostly clear, usually 4 or 5 changes of water. This removes any rice dust (a by-product of processing and packing) from the surface of the rice, and prevents the rice from becoming gummy when cooked.

Pour 2 scant cups water over the rice and place the pot over medium-high heat (do not stir). As soon as the water reaches a simmer, reduce the heat to very, very low and cover the pot. Set a timer for 18 minutes.

Now, make the quick pickles aka quickles: Peel and cut the carrots into thin strips; transfer to a medium bowl. Thinly slice the onions and place in a separate bowl. Add

1/8 cup rice vinegar to each, then season each with 1 teaspoon sugar. Season with salt and toss with a fork to combine. Set the quickles aside. (These can also be prepped 1 or 2 days in advance; cover and chill.)

Heat broiler with rack in highest position (I use my toaster oven). Line a baking sheet with aluminum foil, then arrange salmon on top, skin side down. Scrape marinade over fillets, dividing evenly, and spread to coat. Broil salmon until marinade is bubbling and charred in spots and fish is cooked medium-rare, 7 to 8 minutes. If you prefer your fish cooked all the way through, add 2 minutes cooking time. Fluff rice with a rubber spatula or wooden spoon. Assemble bowls with rice, salmon, carrot and onion pickles, a drizzle of sesame oil, and any (or all!) of the suggested topper whoppers.

From the Market	At Home
<p>Salmon</p> <p>Carrots</p> <p>Red Onion</p>	<p>Gochujang</p> <p>Mirin</p> <p>Miso</p> <p>Oyster sauce</p> <p>Toasted sesame oil</p> <p>Rice vinegar</p> <p>Soy sauce</p> <p>Garlic</p> <p>Short grain white rice</p> <p>Salt</p> <p>Sugar</p> <p>Toppings</p>
Spin It	Spin It
<ul style="list-style-type: none"> ● Sable or black cod can replace salmon ● Daikon, watermelon radish, or cucumbers can substitute for the carrots ● Any color onion will work, or try shallots ● Avocado is a nice addition as a topper if you have a ripe one on hand 	<ul style="list-style-type: none"> ● Use sriracha instead of gochujang, but cut the amount in half ● A dash of fish sauce can stand in for the oyster sauce (not exactly the same, but will round out the flavor) ● Use white distilled vinegar or black vinegar instead of rice vinegar ● Aminos or tamari can replace soy sauce ● Jasmine or basmati rice are great, or use short grain brown rice (cooking time for brown rice is closer to an hour) ● The toppings are interchangeable!