



The Edible Garden

Recipe featured at the *Cooking for the Season* demonstration,
September 23

Organic Salmon & Vegetable Satay

By: Shawn Edelman, Executive Chef, Ruby Foo's

Ingredients *Serves 18-24 portions*

For the skewers-

4-6 7-ounce portions organic salmon,
cut into cubes
2 pints grape tomatoes
4 large zucchini, cut into cubes
1 tablespoon toasted sesame seeds
Ground black pepper to taste
24 bamboo skewers*

½ cup Blond Miso

6 tablespoons Mirin (sweet cooking
wine)

¼ cup Mirin, sweet Sake, or sweet
Sherry

For the marinade-

Instructions

1. Combine Miso, water, and Mirin in a small saucepan and heat over a moderate to low flame for approximately 5 minutes.
2. Assemble the satays by threading each skewer with one tomato, one cube of zucchini, and two pieces of salmon.
3. Pour marinade into a baking dish large enough to hold all of the skewers in one layer. Gently pat the fish steaks dry (while on the skewers) and add to marinade. Let marinate for at least 6 hours (or up to 24 hours) in the refrigerator, turning them occasionally. It is a great idea to marinate overnight.
4. Light a grill or broiler. Grill the skewers for 1-2 minutes per side.
5. Place on serving platter, sprinkle with sesame seeds and black pepper, and serve.

*Skewers should be soaked in water for approximately an hour before using. This will ensure that the skewers will not burn or light on fire when being grilled.