



MARCUS' HONEY MUSTARD GLAZED SALMON RADICCHIO BULGUR SALAD AND MISO BROTH

INGREDIENTS

2 Tablespoon Dijon Mustard
1 Tablespoon Honey
2 Teaspoon Soy Sauce
1 Teaspoon Berbere
1 Tablespoon White Miso Paste
2 Tablespoon Extra-Virgin Olive Oil
Salt & Pepper, To Taste
4 - 6-Ounce Grade A Salmon Fillets,
Skin On
3-4 Tablespoons Unsalted Butter
2 Tablespoon Vegetable Oil
Miso Broth, Recipe Follows
Radicchio Bulgur Salad, Recipe
Follows

For the Bulgur Salad:

1 Cup Uncooked Bulgur
1 Radicchio, Quartered
1 Red Onion, Quartered
4 Garlic Cloves, Peeled
1 Jalapeno, Sliced in Half Lengthwise
1 Grapefruit, Supremed
1 Orange, Supremed
1 Teaspoon Fish Sauce
¼ Cup Extra Virgin Olive Oil
2 Limes, Squeezed
¼ Cup Chopped Dried Fruit (Such as
Cranberries, Prunes, Or Apricots)
½ Cup Mixed Soft Herbs (Thai Basil,
Cilantro, Parsley)

For the Miso Broth:

2 Pounds Salmon Bones
2 Yellow Onions, Peeled and Cut in
Half
2 Leeks, Cut in Half and Cleaned
2 Medium Carrots, Peeled and Cut
Into Chunks
1 Garlic Head, Sliced in Half
Lengthwise
2 Teaspoon Whole Black Pepper
2 Fresh Bay Leaves
½ Cup White Miso
Salt, To Taste

INSTRUCTIONS

For the Salmon: Preheat the oven to 425 degrees. In a small bowl, combine the mustard, honey, soy sauce, berbere, miso, olive oil and salt & pepper. Preheat the vegetable oil in a large skillet over medium high heat.

Season salmon with salt and pepper and transfer to skillet, skin side down. Cook for 6 minutes, then gently flip and glaze with the mustard honey mixture.

Transfer the skillet to the oven and cook for another 3 minutes, or until salmon is just cooked through.

Charred Citrus Bulgur Salad: Soak bulgur for 20-30 minutes in water until fluffed and softened. Drain.

In a saucepan, bring 2 cups of water up to a boil. Season to taste with salt and stir in the bulgur. Remove from heat and allow it to stand for 25 minutes. Drain and set aside.

Preheat a grill or grill pan over medium high heat. Toss the radicchio, red onion, and jalapeno lightly with vegetable oil and season well with salt. Transfer to the grill and cook until evenly charred. Remove from heat and let cool.

Once cool enough to handle, cut the red onion and radicchio into bite sized pieces, and the jalapeño into a small dice.

In a mixing bowl, gently toss together the bulgur, charred vegetables, citrus, fish sauce, lime juice, olive oil, dried fruit, and soft herbs until evenly combined. Season with salt and pepper.

Miso Salmon Broth: Place all the ingredients, besides the miso, in a heavy bottomed stock pot. Cover with 10 cups of cold water and bring to a gentle simmer. Once simmering, reduce heat to low, so only a few bubbles are coming up to the surface of the stock. Cook for 45 minutes, skimming off any impurities as they rise.

After 45 minutes, strain the stock through a fine mesh sieve. Transfer back into a stockpot and whisk in miso. Bring to a simmer and cook for another 15 minutes. Season to taste with salt.

To Serve: Divide the bulgur salad onto large, shallow bowls. Place salmon on top. Gently pour 1 cup of the broth down the side of each bowl.