

Sesame Crusted Salmon with Wasabi and Pickled Ginger Mayonnaise



I first saw this recipe (or something similar) on “The Best in Australia” about 6 years ago. I cooked it then and it was a hit and I cooked it the other day and it was an even bigger hit! It continues to amaze me the food we have on offer here in Australia.....6 years ago I had to hunt for some of the ingredients in this recipe but this time there was a whole designated section in the supermarket for asian ingredients! It makes me proud to be a part of such a multicultural society and it provides me with constant inspiration to test new and different cuisines and this little Japanese gem is no exception. Way to go Aussies!!

Prep time: 20 Minutes
\$\$ Medium Budget

Cooking time: 20 Minutes

Serves 4

2 tbs of peanut oil

4 x 150gm salmon fillets, skinned and boned

3 tbs of sesame seeds

4 tbs of Kewpie Japanese whole egg mayonnaise

2 tsp of wasabi*

1 tbs of japanese pickled ginger, finely chopped*

Juice of 1/2 a lime

For the Noodles:

2.5cm piece of ginger, grated

4 bunches of organic soba noodles*

1 bunch of asparagus, woody ends removed and sliced on the diagonal
6 spring onions, sliced diagonally (green ends reserved for garnish)*
1/4 cup of soy sauce
1 tsp of sesame oil

Heat a medium sized pan and pour in your sesame seeds. Swirl them around until toasted and lightly golden but be careful as they can burn quite quickly. Pop them on a flat plate and make sure they are evenly spread.....if you give the plate a little shake and shuffle they should do just that!

Take a salmon fillet and lie it face down on the sesame seeds. Press it gently with your finger tips and when you remove it you should have a nice even coating of seeds all over the top. Repeat with the remaining salmon.

In a bowl, combine the mayonnaise, wasabi, pickled ginger and lime juice. Mix well to combine and set aside.

Bring a large pot of water to the boil and cook the soba noodles according to packet instructions. Drain and rinse under cold water to stop the cooking process and set aside.

Heat a heavy based pan and add the peanut oil. Gently fry the salmon fillets, sesame side down for about 4 minutes before turning over and repeating on the other side. I like my salmon medium rare but if you like it cooked through, cook for a minute or two longer on each side. Remove from the pan and set aside to rest.

Heat a wok to hot and add a little peanut oil and the spring onions, ginger and asparagus. Stir fry for approx 2-3 minutes before adding the noodles, soy sauce and sesame oil. Stir, toss and mix well to combine.

Divide the noodles between four plates and top each plate with a piece of salmon. Dollop over the mayonnaise and top with lovely curls of green onion.

*Kewpie mayo, wasabi, organic soba noodles and pickled ginger can be found in

the asian section of most supermarkets. If you can't get the japanese mayonnaise a good quality whole egg mayo will be just fine (S&W brand is a good one).

*To make curly green onions, slice the very green parts long and diagonally and place them in a bowl of iced water. They will curl up in no time and make a really nice garnish.