

Crispy Skin

Sake-Roasted Salmon

With taro root puree, baby bok choy, and sake black bean sauce



Executive Chef Edward Lake
Chakra Restaurant
W. 144 Rt. 4 East
Paramus, NJ 07652
201-556-1530

As days grow shorter and cooler, protein is a natural craving. Crispy Skin Sake Roasted Salmon, a favorite fall dish at Chakra Restaurant, takes protein to a new level, pairing this flavorful orange flesh fish with a rich, soul warming black bean, sake-infused sauce. Alongside, we serve delicately flavored baby bok choy, favored for its tender stalks and gentle Asian flavor, and a comforting, slightly sweet root and tuber mash.

While there are a multitude of steps in this recipe, the results will impress and delight you and your guest, whether male or female. Women love the gentle flavors of this dish, while men respond to the satisfying protein and creamy mash of taro, a root vegetable with a slight sweetness that beautifully complements white potatoes. Pair this dish with an Alsatian Pinot Gris or Pinot Blanc.



Crispy Skin Sake-Roasted Salmon with taro root puree, baby bok choy, and sake black bean sauce

Serves 2

Ingredients:

- 2 - 6 oz. salmon filets, skin on, scored finely
- 2 whole baby bok choy, each blanched and shocked
- 1 taro root (each), peeled and diced
- 1 potato (each), peeled
- 3 springs cilantro, chopped
- 4 oz. whole butter, diced
- 8 oz. heavy cream

For sake black bean sauce:

- 1 pt. sake
- 2 Tbsp. fermented Chinese black beans
- 2 shallots (each), minced

- 3 sprigs cilantro, chopped
- 2 oz. soy sauce

Preparation:

For the salmon:

Request two skin-on scaled filets with skin intact.

Twenty-four hours in advance, using a sharp knife, score long vertical slices in the skin of the salmon, being careful to only cut through the skin and not into the flesh.

Each score should be done an eighth of an inch apart. Refrigerate.

In a stainless steel pot, combine the taro and potatoes, and cover with cold water.

Bring them to a boil and cook until tender. While the potatoes are cooking, heat the heavy cream to just under a simmer and reserve.

When taro and potatoes are finished cooking, use a food mill on its finest screen and mill the taro/potato combination into a bowl containing the hot cream. When the contents are milled, gently fold in the butter and cilantro until fully incorporated.

For the sake black bean sauce:

Combine all ingredients for the sauce except the dried black beans and reduce by half.

Strain solids from the sauce and add black beans. Season with salt and pepper to taste.

To assemble the dish:

In a hot non-stick pan, sear salmon, skin side down, on medium heat and cook until flesh starts to turn pale orange halfway up the side of the filet. Flip.

Continue cooking for 1 minute and reserve. In a

TIPS:

■ After scoring the salmon skin, leave the fillets unwrapped in the refrigerator for 24 hours. This dries the skin and allows it to become crisp very quickly during the cooking process.

■ Before adding the black beans, rinse them under cold running water for 10 minutes. This will help to remove any excess salt.

■ You should be able to find bok choy at the market all year round. Look for a plant with firm stalks that is free of brown spots.

■ Be careful not to overcook the taro/potato combination when blending with cream or the result will be a glue-like substance.

stainless steel pot, boil lightly salted water.

Plunge baby bok choy into water and cook for approximately 2 minutes. Remove, drain, and reserve warm.

On two heated plates, arrange a 2-ounce pool of sauce, place a sizeable scoop of taro root puree above that and, lastly, arrange the salmon and baby bok choy.

Use remaining cilantro sprigs for garnish.