



Artisan Chef, Food Writer & Teacher

## STICKY ASIAN SALMON

This recipe is simple quick and easy. Just marinate the fish and when ready cook it! You can make this with the half a side of salmon or just a couple of fillets. Scale the marinade quantity to the amount of fish you have. You can serve this with green vegetables such as Pak Choi, mangetout, sugar snap peas, tenderstem brocolli etc. or a simple stir-fry.

Serves: varies on the size of the fish

Preparation time: 15 mins

Cooking time: 20-25 mins (slightly less 10-15minutes, if you are cooking two small fillets)

### INGREDIENTS

1 whole side salmon  
Coriander, finely chopped  
Red chilli, deseeded & finely chopped  
Lime wedges to serve.

For the Marinade

2tbsp each soy sauce, honey and rice wine vinegar  
4tbsp hoisin sauce  
2 whole star anise (Optional)  
2tsp each Thai 7 spice & Thai fish sauce  
2 garlic cloves, crushed



### METHOD

Mix all the marinade ingredients together. Place the salmon on baking tray or a piece of foil large enough for the quantity of fish. If using foil fold the edges up to form a boat around it, pour over the marinade and scrunch the edges together. Leave in the fridge to marinate for at least 6 hours, or overnight.

To cook, heat the oven to 220C, 200C fan, 425F, gas 7. Remove the salmon from the marinade and place on a very well-oiled double piece of foil that has been lined with baking parchment and place on a baking tray. Roast in the oven for 15 to 20 minutes, depending on whether you want it opaque in the middle or completely cooked.

Meanwhile, transfer the marinade to a pan, bring to the boil and simmer for a few minutes until it has become a thick sauce. Drizzle or brush the sauce over the salmon for the last 2-3 minutes of cooking, then, when sticky and slightly caramelised, transfer the fish to a serving platter and scatter with coriander and chilli. Serve with lime wedges.