



POACHED SALMON WITH EDAMAME, GINGER, AND SHIITAKES

Serves 4

INGREDIENTS

2 to 3 tablespoons vegetable oil, divided
6 ounces shiitake mushrooms, stemmed and sliced ¼-inch thick
2 medium garlic cloves, minced or pressed through a garlic press
1-inch piece fresh ginger root, minced or grated on a microplane
1 (8-ounce) package frozen shelled Edazen™ Edamame
1 ½ cups water
3 tablespoons gluten-free tamari soy sauce
¼ cup mirin
4 (5-ounce) skinless salmon fillets, 1 to 1 ½ -inches thick
Salt and pepper
2 scallions, thinly sliced

INSTRUCTIONS

1. Prepare edamame following the directions on the package. Rinse thoroughly with cold water to stop the beans from cooking, then drain. Set aside, allowing beans to cool completely.
2. Heat 1 to 2 tablespoons of oil in a 12-inch skillet over medium-high heat until shimmering. Add mushrooms and cook until they have released their liquid and started to brown, 4 to 5 minutes. Add the remaining oil to center of the skillet. Add garlic and ginger to hot oil and cook until fragrant, about 30 seconds. Add water, soy sauce, and mirin to the skillet, and bring to a simmer.
3. Season salmon fillets with salt and pepper. Gently nestle fillets into the poaching liquid, spooning some of the liquid over the top. Cover and cook over medium-low heat until the center of each fillet measures 125 degrees on an instant-read thermometer, 5 to 7 minutes.
4. Gently transfer each fillet to an individual bowl. Add edamame to the poaching liquid and stir until heated through, about 1 minute. Spoon edamame, mushrooms and hot liquid over fish and sprinkle with scallions. Serve immediately.