

BOUCHAINE

N A P A V A L L E Y ♦ C A R N E R O S

Sauteed Salmon Served with Soba Noodles and Miso Broth

BY CHEF MARTY SLAVIN

Ingredients

2, 6 oz. pieces of salmon
(preferably wild Pacific
King variety)

8 oz. cooked soba noodles

2 baby bok choy halved
and cleaned.

1 tbsp. canola oil

1 tbsp. chopped garlic

1 tbsp. chopped ginger

½ onion sliced

2 carrots, julienned

1 tbsp. miso paste

3 cups vegetable broth

Salt and pepper

Directions

In wok or skillet, heat ½ tbsp. oil until very hot. Add garlic and ginger and stir fry until fragrant, around 30 seconds. Add carrots and onions and stir fry for 2-3 minutes until slightly softened. Add vegetable broth and bring to boil. Stir in miso paste. Add bok choy and soba noodles, then lower heat to simmer. Continue to simmer while preparing salmon.

Liberal season salmon with salt and pepper. Heat skillet or cast iron pan on high heat. Add rest of oil. Turn heat to medium and add salmon. Cook 2-3 minutes on all four sides of the fillet, until medium rare. Take salmon out of pan.

Divide soba noodle and miso broth mixture in two bowls, add salmon on top.



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