

Ginger Miso Salmon

- 2 lbs salmon
- 2 t olive oil
- 2 cloves minced garlic
- 1 dry shallot, minced
- freshly ground black pepper
- parsley and lemon as garnish

Miso Sauce

- 1/4 c organic [miso](#)
- 1 T rice vinegar
- 2 cloves garlic, minced
- 2 T hot water
- 1 T fresh ginger, finely chopped

Preheat oven to 400F.

Combine all ingredients in **Miso Sauce**.

Coat top and sides of fish with olive oil, garlic and pepper. Sprinkle on the shallot. Roast on a baking pan for 10 minutes.

Coat fish with **Miso Sauce** and cook for 3-5 minutes more. Check for doneness by cutting into the flesh. Fish will flake when cooked. Garnish with parsley. Served here with a mixture of brown rice and barley, roasted onion, garlic cloves, zucchini and carrots. Serves 5-6.

Jittery Cook