



VQA WINES OF  
ONTARIO



## PAN-SEARED SALMON IN MISO

*VQA Chardonnay*

**Accented with miso, this decadent VQA Chardonnay butter sauce complements the salmon perfectly.**

Prep Time: 10 minutes • Cook Time: 20 minutes • Total Time: 30 minutes • Serves: 4

### INGREDIENTS:

- 1 cup (250 mL) VQA Chardonnay
- 1 tbsp (15 mL) olive oil
- 8 baby bok choy, quartered
- 1/2 cup (125 mL) unsalted butter, divided
- 4 skin-on salmon fillets (5 oz/150 g each)
- 1/4 tsp (1 mL) each salt and pepper
- 2 tbsp (30 mL) minced shallots
- 2 tbsp (30 mL) white miso paste
- 2 tbsp (30 mL) sliced pickled ginger
- 2 tbsp (30 mL) toasted sesame seeds

### INSTRUCTIONS:

1. Heat oil in large cast iron skillet set over medium heat; cook bok choy for about 3 minutes or until seared on both sides. Stir in 1 tbsp (15 mL) butter. Divide among 4 plates.
2. Pat salmon dry with paper towel; season with salt and pepper. Cook salmon, skin-side down, for 7 to 8 minutes or until golden brown and skin is crisp. Turn over; cook for 3 to 4 minutes or until just cooked through. Transfer salmon to plate.
3. In same skillet, melt 1 tbsp (15 mL) butter; stir in shallots and cook for 1 minute. Pour in VQA wine; bring to boil. Cook for 5 to 6 minutes or until reduced to about 1/3 cup (75 mL). Stir in miso and ginger.
4. Remove skillet from heat; whisk in remaining butter, 1 tbsp (15 mL) at a time, until melted and sauce is thickened to creamy consistency.
5. Place salmon fillets over bok choy in plates and spoon sauce over top. Sprinkle with sesame seeds.

**Tip:** Substitute Arctic char or trout for salmon if desired.