

Smoked Teriyaki “Salmon”

NEW LIVING RECIPE

www.jessicataylornewliving.com

You will need:

4 orange or red bell peppers or (you can use orange or red tomatoes)

Smoked Broth Ingredients

4 cups of water

½ cup chopped nori sheets or

2 tablespoons kelp granules,

1 tablespoon liquid smoke

2 tablespoon fresh lemon juice

1 clove of garlic, minced

½ cup soy sauce or liquid aminos

Teriyaki Sauce

1/2 cup packed brown sugar

1 cup low-sodium soy sauce

2 tablespoon apple cider vinegar or rice vinegar

1/2 teaspoon ground ginger

2 teaspoons minced garlic

3 teaspoon sesame oil

3 tablespoon cornstarch

4 tablespoons water

1

Preheat the oven to 450°F.

Wash vegetables. Cut out the stems of the bell peppers, remove the seeds and white parts.

2

Place the peppers cut-side down on a lined baking sheet with aluminum foil. Bake peppers for 25-30 minutes, or until charred. When the outside skin chars and wrinkles up, remove peppers from the oven. Place the peppers in a bowl of ice water. Let the peppers cool for 10 minutes. The skin should smoothly peel off.

3

In the meantime, prepare the smoked salmon broth. Combine water, nori sheets, liquid smoke, lemon juice, garlic, and soy sauce in a saucepan. Let the broth simmer for 20 minutes, uncovered. Smell the salmon? Remove from heat and add the peppers into the broth, cool, and refrigerate for at least 2 hours. Marinating overnight enhances the flavor. Remove peppers (salmon) from marinade and strain any excess drippings. In a sauce pan, sear peppers for 2-3 minutes on each side. Set aside

4

Teriyaki Sauce

In a medium saucepan, whisk together brown sugar, soy sauce, vinegar, ginger, garlic, and oil. Heat up until it starts to simmer. Reduce heat to low. In a small bowl, whisk together water and cornstarch.

5

Add to soy sauce mixture and continuously whisk until the sauce thickens. Or add all ingredients in a high-speed blender, blend, and then add to the saucepan. Remove from heat and let cool.

6

Layer your rice or noodles with the salmon; spoon the salmon over with the Teriyaki glaze. Garnish your dish with cilantro and a lemon wedge.

Cooking Notes: Cooking Notes: Smoking the green peppers (salmon) is an option. Try without a smoky flavor. Sub peppers for orange or steak tomatoes. You can toss noodles with salmon for a combined taste.

NEW LIVING

Jessica Taylor