

SLOW ROASTED SALMON WITH BALSAMIC MISO GLAZE

Serves 6

Few foods pack a bigger nutritional punch than salmon—it's rich in protein, heart-helping omega-3 fatty acids, and vitamin D. Get a healthy dose of all three of these from this salmon dish that earned top marks from the whole tasting room!

1/3 c. White miso
1 T. soy sauce
1 T. Pinot Noir
2 T. mirin
2 T. balsamic vinegar
2 lb. salmon

Mix first 5 ingredients in a bowl until smooth, adding more Pinot Noir if necessary to make it smooth and slightly thick.

Remove any bones and skin from the salmon. Cut the salmon into 6 uniform pieces, about 5 ounces each. Put into a large zip lock bag and pour marinade over, making sure to coat all pieces. Refrigerate for about 60 minutes. Turn bag over and let marinate for another 60 minutes, up to 4 hours.

Pre-heat oven to 275°. Spray a baking tray with oil and place the salmon flesh side up, coat with more of the marinade. For salmon pieces that are about 1-inch thick, bake for 18-20 minutes. More time for thicker, less for thinner. When done it should flake apart but be very moist and tender.

Jim May serves this with wild rice, sautéed vegetables and the 2013 Sonoma Coast Pinot Noir.

