

# Baked Salmon with Mushroom Orzo

Baked salmon appears in the starring role in tonight's dinner production, while a tasty mushroom orzo takes on a supporting role. They're accompanied by a sassy chorus of seared cabbage and onions. Standing ovations are not uncommon!

**Preparation time: 40 minutes - Servings: 2 (with leftover salmon for Thursday)**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize recipe ingredients before you start. Cooking's more fun when you're well prepared. Prep a total of 1 - 1/2 C. onion: 1/2 C. chopped onion for the mushroom sauce, 1 C. sliced onion for the seared cabbage and onions.

#### Mushroom Orzo

3/4 C. uncooked orzo  
1 quart water  
pinch of salt

#### Mushroom Sauce:

1 tsp. olive oil  
8-10 cremini mushrooms (sliced)  
1 clove garlic (smashed and chopped)  
1/2 C. yellow onion (finely chopped)

3/4 C. low-sodium vegetable broth  
1/2 C. white wine  
2 T. balsamic vinegar  
1 bay leaf  
1 T. cornstarch  
mixed with  
1/3 C. water  
3 T. fresh basil (chopped)

2 T. shredded Parmesan cheese

#### Baked Salmon

1 tsp. canola oil  
1 lb. salmon fillets  
2 T. lemon juice  
1 tsp. low-sodium soy sauce or tamari  
1/8 tsp. fresh ginger (grated)  
1/2 tsp. granulated sugar  
1 T. fresh cilantro (chopped)

#### Seared Cabbage and Onions

3 tsp. canola oil  
1 C. onion (thin sliced)  
3 C. Napa or Savoy Cabbage (thin sliced)  
2/3 C. red bell pepper (thin sliced)  
2 T. rice wine vinegar  
mixed with  
1/4 C. low-sodium vegetable broth  
1/2 tsp. salt  
1/2 tsp. ground black pepper  
1/4 C. fresh cilantro (chopped)

*But First!*

*Put Pasta Water on to Boil  
and*

*Preheat Oven to 400°!*

*Grownup Kitchen*

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

While the orzo is cooking, start making the mushroom sauce. It will hold nicely until all other items are cooked.

### Mushroom Orzo

Drop orzo into boiling water. Boil 8 minutes. Drain and rinse.

#### Mushroom Sauce:

1. Brown mushrooms in oil in a medium sauté pan over medium-high heat.
2. Add garlic and onions and toss until onions turn translucent and garlic becomes fragrant.
3. Add broth, wine, vinegar and bay leaf. Reduce heat to low and cook 3-minutes.
4. Thicken with cornstarch mixture and cook over low heat for 5-minutes.
5. When thickened sauce has cooked for 5-minutes, add cooked orzo and chopped basil. Toss well, cover and turn off burner. (Use the Parmesan as a garnish when serving.)

### Baked Salmon

1. Place salmon fillets in an oiled baking dish, skin-side-down and drizzle with mixture of lemon juice, soy sauce, ginger and sugar.
2. Bake 15 minutes in the preheated 400°oven.
3. When cooked, remove from oven and sprinkle with 1 T. chopped cilantro.

### Seared Cabbage and Onions

1. Measure oil into a large, deep-sided sauté pan. Heat oil until it begins to shimmer.
2. Add onion, cabbage and peppers to the pan. Toss over high heat for a couple of minutes and then allow to sit in the pan about 40 seconds between tosses. It will begin to sear.
3. When all ingredients have a seared look, mix vinegar and broth and pour over vegetables. Allow to sizzle until liquid has cooked away. Season with salt and pepper.
4. Add chopped cilantro, toss well and remove from heat.

### Plate the Meal

Set 1/3 of the salmon aside for Thursdays meal.

Divide remaining fillets between two dinner plates. Flank salmon with 1 C. of the mushroom orzo and 1/2 of the seared cabbage and onions. Sprinkle each orzo serving with 1 T. Parmesan.

### What I've Learned from this Recipe

Orzo is also known as risoni, the Italian word for long-grain rice. Americans call it "orzo" which actually means "barley" in Italian. Orzo pasta is more common in the U.S. than in Italy.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)