

# Caramel ginger salmon with Vietnamese coleslaw

The Vietnamese technique of flavouring savoury foods with caramelised sugar may sound unusual, but the results are rich, deep and very moreish. Fish, pork and chicken are favourite meats to cook this way, with salmon arguably tasting the best of them all.

*Prep time* 30 minutes *Cooking time* 20 minutes

- 1 Combine the caster sugar and 2 tablespoons water in a large deep heavy-based frying pan, then cook over medium heat without stirring until the sugar has dissolved. Boil the mixture for 5 minutes or until it turns a deep caramel colour. Working quickly, remove the pan from the heat, then add another 2 tablespoons water and the soy sauce, taking care as the mixture will spit. Add the garlic, ginger, chilli and star anise, then simmer over medium heat for 2 minutes or until smooth. Add the fish to the pan in a single layer, skin-side down, then bring the caramel mixture back to a simmer and cook, turning the fish once, for 6–8 minutes or until just cooked through.
- 2 Meanwhile, for the coleslaw, place the cabbage, carrot and radish in a large bowl and mix well. Whisk the lime juice, caster sugar and oils in a small bowl to combine well, then pour over the salad and toss to coat.
- 3 Serve the salmon on a bed of coleslaw, with the sauce spooned over and the sesame seeds and herbs scattered on top.

\* **Make sure your pan is very clean before making the caramel or it may form crystals (turning it opaque) while it simmers. If this happens, simply add a teaspoon or so of lemon juice to stop the crystallisation process. Also note that caramelised sugar is dangerously hot, so take care when adding other liquids to it as it will spit viciously.**

## NUTRITIONAL ANALYSIS

	To serve 4 (per serve)
Energy (kJ)	2465
Protein (g)	48
Fat (g)	32
Saturated fat (g)	7
Carbohydrate (g)	25
Fibre (g)	6
Sodium (mg)	510
Potassium (mg)	1045

## SERVES 4

- 1/3 cup (75 g) caster sugar
- 2 tablespoons low-salt soy sauce
- 2 cloves garlic, thinly sliced
- 2½ tablespoons ginger, cut into very fine matchsticks
- 1 small fresh red chilli, thinly sliced
- 1 star anise
- 4 × 150 g salmon or ocean trout fillets, skin-on and pin-boned
- 2 tablespoons toasted sesame seeds
- mint and coriander sprigs, to serve

### Vietnamese coleslaw

- 400 g (about 1/4 large) Chinese cabbage, very thinly sliced
- 2 carrots, cut into fine matchsticks
- 1 bunch radishes, very thinly sliced
- 1/4 cup (60 ml) lime juice
- 2 teaspoons caster sugar
- 3 teaspoons peanut oil
- 3 teaspoons sesame oil

