

Fight Fat with Flavor

Eat half as much and feel twice as full, by harnessing the power of America's hottest culinary trend

By: Jeffery Lindenmuth



Braised Salmon with Soy and Ginger

The chef: Susanna Foo

The restaurant: Susanna Foo Chinese Cuisine, Philadelphia

16 oz salmon fillet
2 Tbsp extra-virgin olive oil
1 Tbsp minced ginger
1/4 cup mirin*
2 Tbsp soy sauce
2 Tbsp vodka
1 Tbsp butter
2 scallions (white parts only), chopped
3-4 sprigs cilantro

* Mirin is a Japanese condiment that's available in the ethnic-food sections of most supermarkets.

Cut the salmon into 1" squares. Heat the olive oil in a 12" nonstick pan over medium-high heat and add the salmon cubes and ginger. Sear together for about 1 minute, then pour the mirin, soy sauce, and vodka over the salmon. Turn the heat to medium and cook for about 3 minutes, until the fish turns pale. Add the butter and turn off the heat. Spoon the salmon onto a serving plate and top with the scallion and cilantro. Makes 4 servings

Per serving: 359 calories, 24 g protein, 6 g carbohydrates, 22 g fat (5 g saturated), 1 g fiber