JAPANESE · BREAKFAST · DINNER

Shiozake (Japanese Salt-Cured Grilled Salmon)

12 min · plus overnight salting Serves 2 165 kcal a serve

Video 5:52 · Sudachi | Japanese Recipes | Yuto Omura

Carnivore | Pescatarian | Gluten-free ingredients | Dairy-free | Nut-free

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Just salmon and salt: one fillet gives about 18 g of protein and around 1.8 g of omega-3 fats, with plenty of vitamin D, vitamin B12 and selenium. The salt cure makes it fairly salty, so keep the rest of the meal low in salt.

Diet notes: Low carb (0 g net carbs) but not keto: 54% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 2 · SERVES 2

- [ ] 2 **skin-on salmon fillets** (about 100 g each, 200 g in total)
- [ ] **Salt**: ½ tsp (2–4 g) sea salt — 1–2% of the salmon's weight

Contains: Fish. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rub the salt evenly over both sides of the salmon fillets — 1–2% of the fish's weight, about ½ tsp for 200 g. 0:44
2. Cover and refrigerate overnight (or at least a few hours) so the salt is absorbed into the flesh and the fish turns firmer and juicier. 1:36
3. Pat the fillets dry with paper towel; don't rinse, the salt is already inside. Preheat the grill (broiler) to medium and make a small foil tray to catch the juices. 1:48
4. Grill the fillets skin side up, directly under the heat, for 3–4 minutes until the skin is golden and crisp. 3:19
5. Turn them, lower the heat a little and grill 4–5 minutes more, until the flesh changes from bright to pale pink (63 °C in the thickest part). 4:06

> **Tip** The cook rubs on 1 tsp sake before grilling (optional, left out here) and lists a sudachi or lemon wedge to squeeze over. In Japan it's breakfast with rice, miso soup and pickles. Salted raw fillets keep 3 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
165 kcal	18 g	0 g	0 g	9.9 g	630 mg
690 kJ	35% of a day	0 g net · 0 g sugars	0% of a day	2 g saturated	27% of a day
		0% of a day		13% of a day	

Energy from net carbs 0% · protein 45% · fat 55% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Omega-3 115% · Vitamin B12 93% · Selenium 60% · Vitamin D 44% · Vitamin B6 28%

Source of (10–19%) Vitamin E 19%

Recipe and video: Sudachi | Japanese Recipes | Yuto Omura (@SudachiRecipes) on YouTube — youtube.com/watch?v=khAYJiQMoT0, published 18 October 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/shiozake-japanese-salted-salmon