



THE R+R SHOW

EPISODE 1: SCOTTISH SALMON

Dish Ingredients

Scottish salmon	8 oz
Forbidden fried rice	½ cup
Arizona citrus salad	¼ cup
Umami sauce	as needed
Toasted sesame seeds	garnish

Fried Rice Sauce

Soy sauce	1 quart
Sambal	⅓ cup
Rice wine vinegar	2 cups
Mirin	2 cups
Water	1 cup

1. Combine all ingredients in a container and set aside.

Umami Sauce

Sesame oil	1 ½ cups
Blended oil	½ cup
Ginger, minced	½ cup
Garlic, minced	½ cup
Mirin	4 cups
Rice wine vinegar	4 cups
Soy sauce	4 cups
Gochujang paste	½ cup
Togarashi	1 tsp
Water	1 cup
Sugar	4 cups
Honey	1 Tbsp
Brown sugar	½ cup
Cornstarch	½ cup (hydrated in water for slurry)

1. Start by pureeing the garlic and ginger in the blender with sesame oil.
2. Transfer to a medium pot and cook until fragrant.
3. Add all remaining ingredients except the honey, sugars and cornstarch. Bring to a boil.
4. Incorporate the honey, sugars and cornstarch slurry and bring mixture back to a boil.
5. Cook for at least 15 minutes until the sugar is dissolved.
6. Remove from heat and set aside.

Forbidden Fried Rice

Black rice	2 cups
Water	3 quarts

Salt	1 Tbsp
Garlic, sliced	1 Tbsp
Shallot, sliced	1 Tbsp
Carrots, brunoised	1 Tbsp
Ginger, brunoised	1 Tbsp
Scallion, sliced	1 Tbsp
Fried rice sauce	¼ cup

1. Bring the water to a boil.
2. Add black rice and salt; cook for 10–16 minutes, depending on quantity, until the rice is slightly bloomed and tender but not mushy.
3. In a hot sauté pan, sweat the garlic, shallots, ginger, carrots, and scallions.
4. Add the cooled rice and heat through.
5. Finish with ¼ cup of Fried Rice Sauce.

Arizona Citrus Salad

Heirloom cherry tomatoes, halved	⅓ cup
Orange supreme	¼ cup
Grapefruit supreme	¼ cup
Picked Fresno chili	to taste
Watermelon radish, sliced	¼ cup
Scallion, sliced	1 Tbsp
Furikake	1 tsp
EVOO	1 Tbsp
Salt	to taste

1. Cut tomatoes in half and segment citrus.
2. Thinly slice radish and scallions.
3. Combine all ingredients and gently toss.

To Finish The Dish

1. Season an 8 oz. cut of Scottish salmon with salt.
2. Sear in a smoking hot pan until a golden crust forms, then finish in a 350°F oven for 7–10 minutes until cooked through.
3. Brush the salmon with Umami Sauce and garnish with toasted sesame seeds.
4. On the plate, spoon a thin layer of Umami Sauce slightly offset from center.
5. Lay down the fried rice, top with glazed salmon (sear-side up), and finish with a generous spoon of the citrus salad.

Enjoy!