

Alaska Cod in Miso Broth with Udon Noodles



Preparation Time: 10 minutes

Cook Time: 25 minutes

Servings: 2

Ingredients:

2 Alaska Cod fillets (4 to 6. oz each), fresh, thawed or frozen

1 Tablespoon toasted sesame oil

1/4 cup miso paste

2 cups water

2 Tablespoons teriyaki sauce or soy sauce

1 package (8 oz.) prepared udon noodles

1 red chili pepper, seeded and thinly sliced

4 green onions, thinly sliced

1 cup mushrooms, sliced

2 cups fresh stir-fry vegetables

Sweet chili sauce, if desired

Description:

Rinse any ice glaze from frozen Alaska Cod under cold water; pat dry with paper towel. Heat a wok or large nonstick skillet over medium-high heat. Brush both sides of cod with sesame oil. Place cod in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn cod over; cover pan tightly and reduce heat to medium. Cook an additional 6 to 8 minutes for frozen cod or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout. Remove seafood; cover and keep warm.

Add the miso, water and teriyaki or soy sauce to the wok/skillet. Bring to a boil, then reduce the heat to simmer and add the noodles and cook for 5 minutes. Add the chili, onions, mushrooms and stir-fry vegetables and cook an additional 5 minutes.

Ladle the noodle mixture into two wide bowls, then top with a cod fillet. Serve with sweet chili sauce, if desired.

Cook's tip: Make this dish another time with Alaska Salmon. Choose an interesting mix of stir-fry vegetables, with bok choy, pea shoots and micro greens/sprouts.

Photo by Steve Lee