

Mahogany Alaska Sablefish



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 4

Ingredients:

Alaska Sablefish:

- 4 Alaska sablefish fillets (approx. 6 oz. each)
- 3 cups miso glaze (see recipe)
- 4 pc. baby bok choy (whole)
- 2 tbsp. sesame oil
- 2 cups shiitake mushrooms, sliced 1/3" thick
- 1 tbsp. soy sauce
- 4 strips of banana leaves (optional garnish)
- 4 orchids (optional garnish)

Miso Glaze:

- 1 cup mirin
- 1/2 cup sake
- 2 cups white miso
- 1 cup sugar

Description:

Bring sake and mirin to a boil. Turn the heat down and slowly add white miso until completely dissolved. Turn heat up and add sugar. Mix until dissolved. Remove from heat and cool to room temperature.

Method:

Place sablefish in a non-reactive dish and cover with Miso Glaze. Refrigerate for 1 or 2 days.

Preheat oven to 400°F. Lightly wipe off excess Miso Glaze from fillets. Place the fillets on a roasting pan and bake in oven for 10 minutes. Blanch baby bok choy for 1 minute and then cut in half. Heat sesame oil in a medium sauté pan over medium heat. Then add vegetables (including bok choy) and sauté for 1 minute. Remove from heat and add soy sauce.

To Serve: Arrange the banana leaves on each serving plate, followed by the vegetables and top with black cod fillet. If not using banana leaves, garnish with orchid (optional).

RECIPE COURTESY: Chef Marc Lippman, Fraiche Restaurant