

Alaska Sablefish with Miso and Sesame Greens



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 2

Ingredients:

3 tbsp sake

3 tbsp mirin

4 tbsp white miso paste

1 tbsp sugar

2 tbsp soy sauce

2 tbsp extra virgin olive oil

*4 x 6-7 oz Alaska sablefish loins or fillets

1 tbsp sesame oil

4 pak choi, cut in half

small piece of ginger, grated

1 garlic clove, crushed

1 tsp sesame seeds, toasted (optional)

Description:

Put the sake and mirin into a saucepan over a high heat and reduce by a third.

Turn the heat down, add the miso and sugar and cook for 1 minute, stirring constantly to prevent burning. Leave to one side and allow to cool.

Marinate the black cod loins or fillets in the miso mixture, cover and leave in the fridge for 12 - 24 hours.

Remove the fish from the marinade and gently wipe off any excess.

Cover a baking sheet with some kitchen foil and place the fish onto it. Put under a hot grill for 5 minutes or until golden and caramelised: it should be a bit scorched on the edges without being burnt. There is no need to turn the fish as it cooks very quickly.

Heat a wok, add the sesame oil and stir fry the pak choi, ginger and garlic until the pak choi is just slightly tender. Scatter the sesame seeds over.

To plate, put the black cod on top of the pak choi and serve immediately.

RECIPE TIPS

*To be prepared 12 - 24 hours prior to serving.

Recipe credit: Rachel Green

Photo credit: Steve Lee