

## Miso and Sake Glazed Cod



*This is one of our favourite recipes of all times, all cuisines. The miso & sake marinade not only flavours the delicate fish but gives it a lovely burnt orange hue when cooked. The meat becomes flaky and soft and salty and tangy all at once. Great with simple steamed rice and the ginger sautéed bok choy.*

Serves 4, as a main

### Ingredients

- ½ cup sake (125ml)
- 1/2 cup mirin (125ml)
- ½ cup white miso paste (125ml)
- ¼ cup sugar (60ml)
- 4 black cod fillets, about 1/2 pound (227 g) each skin on and scaled
- 1 tablespoon vegetable oil for frying (15ml)
- 4 Hajikami or chive stocks
- Steamed rice
- 1 recipe **ginger sautéed bok choy**

### Directions

1. Combine all ingredients in a medium saucepan set over moderate heat, whisk to combine. Bring to a full simmer for 3 minutes just to burn off the alcohol. Remove from heat and cool completely. Refrigerate 20 minutes.
2. Place cod in a non-reactive container. Cover with marinade. Cover dish with plastic wrap and place in the refrigerator overnight and up to 2 days.
3. Remove fish from marinade and shake off excess but don't rinse off.
4. Preheat oven to 400F (200C).
5. Heat a large non-stick sauté pan over medium heat. Add the oil, allow to heat and place fish flesh side down on to pan. Cook for 1 to 2 minutes or until rich dark golden caramel color is achieved.

6. Flip and slightly crisp the skin, then remove and place on a parchment lined baking tray.
7. Transfer to oven and bake for 15-20 minutes.
8. Serve hot with steamed rice and ginger sautéed bok choy and top with Hajikami or chives.

**gustotv**