



CHICKEN



SERVES 4



MAIN COURSE

MISO GLAZED BLACK COD

SAUTÉED SHIITAKES AND BOK CHOY

François de Mélogue, Corporate Chef

Miso glazed black cod has become synonymous with the Japanese fusion restaurant Nobu. The saltiness of miso compliments the luxurious richness of the black cod. This a quick dish to make that is perfect for dinner parties. The marinade works well with most any other fish and even pork.

Ingredients

marinade

1/2 cup miso

1/2 cup sake

1/2 cup mirin

2 tablespoons shoyu

1/2 cup organic sugar

4 black cod fillets,
6-7 ounces each

shiitakes and bok choy

1 tablespoon oil

1 teaspoon
toasted sesame oil

1 clove garlic, smashed

6 ounces shiitakes,
de-stem and slice

1 pound bok choy, sliced

3 tablespoons mirin

splash of shoyu

2 green onions, sliced

1 teaspoon each black and
white sesame seeds

Directions

Marinate the cod.

Thoroughly whisk together miso, sake, mirin and shoyu. Reserve a tablespoon of miso marinade for drizzling over fish later. Put black cod in marinade and refrigerate overnight, or at least a few hours.

Sauté shiitakes and bok choy.

Heat both oils with garlic in a large sauté pan till it turns amber colored. Add shiitakes and cook for three minutes. Add bok choy, mirin and shoyu and let cook till bok choy is soft and tender.

Finish the dish.

Remove cod from marinade and cook in an oiled pan under the broiler till golden brown, about ten minutes. You can also roast it in a hot oven. The truly great thing about black cod is it is next to impossible to overcook.

Drizzle reserved marinade over fish. Garnish fish with black and white sesame seeds and/or chopped green onions.

Chef Notes



Shoyu is the Japanese name for soy sauce. There are many different kinds available on the market including some wonderful flavored ones. I have made this dish with Black Garlic shoyu, whiskey shoyu, cherry blossom shoyu and just good old plain shoyu. If you are gluten free use tamari or Bragg's.

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