



Recipe
suggestions

Black cod miso (serves 2)

Ingredients

- > 2 x 180g black cod fillets, skinned
- > 50ml sake
- > 50ml mirin
- > 200g white miso paste
- > 110g caster sugar

Method

- > *Note: this recipe requires a 24-hour marinade*
- > To make the marinade, mix the sake, mirin, miso paste and caster sugar in a plastic container (with lid) and set aside, reserving a few tablespoons.
- > Pat the fillets dry with paper towels and place them in the plastic container. Cover a leave to marinade for 24 hours.
- > Pre-heat the oven to 200⁰C/Gas mark 6, and pre-heat the grill.
- > Lightly wipe off any excess marinade clinging to the fish, but don't rinse off. Lightly grill the fish on both sides until the surface turns brown.
- > Transfer the fillets to the oven and bake for 10 mins. Serve and add a few extra drops of the marinade to the plate.

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