

Miso-glazed Sablefish in Coconut Broth

20 min
CA
OR
WA
6

Ingredients

Marinade
1/2 cup white miso paste
2 tbsp mirin (sweet rice wine)
1 tbsp sugar
1 tbsp lime juice

Fish
6 6 oz sablefish (black cod) fillets, skinned

Coconut Broth
2 tbsp canola oil

1/4 cup chopped green onions
2 tbsp chopped cilantro
2 tbsp minced shallots
1 can coconut milk
3 tbsp lime juice
1 tbsp white miso paste
Salt to taste
2 tbsp chopped parsley, for garnish

Make the Marinade
In a medium bowl, mix together the white miso paste, mirin, sugar and lime juice.

Marinade the fillets
Place the cod fillets and the marinade in a large plastic bag or baking dish and cover fish with glaze on all sides. Refrigerate the fillets for 2-4 hours.

Warm the broth & cook the fish
Turn on the broiler and arrange the rack one level down from the top. Combine broth ingredients in a 1 quart pot and heat on medium, hold just below a simmer while broiling fish. Place the cod fillets in an ovenproof pan and broil for approximately 8 to 10 minutes or until fillets are golden brown, or until the tops of the fillets are caramelized or golden brown.

Serve
Spoon warm coconut broth into shallow bowls, and place cod fillet in center. Garnish, if desired and enjoy!

Recipe courtesy of Sound Leader Seafoods.

Species Group
Sablefish/Black cod