

Miso-Glazed Sablefish



Miso-glazed Sablefish

20 min

CA

OR

WA

Serves 2-4

Ingredients

2 tablespoons red miso

3 tablespoons mirin

2 tablespoons seasoned rice wine vinegar

2 fillets sablefish (also called black cod) (approximately 2/3 - 1 lb total)

Turn on the broiler and set the rack 3–4 inches from the heat source. Heat the first three ingredients in a small saucepan until uniform in texture.

Place the fillets on a tin-foil lined baking sheet and spoon half the sauce on top. Broil until the sauce is bubbly. Pull out of the oven and spoon the rest of the sauce over the fillets.

Continue to broil until fish is cooked through. This will depend on the thickness of your fillets. Mine were about 1 lb. each and took about 10 minutes in total.

Recipe courtesy of Abby Rogerson at Washington Sea Grant.

Species Group

Sablefish/Black cod