



Miso Broiled Pacific Northwest Fish Salmon, Black Cod (Butterfish), or Halibut

Yield: 4 portions

Ingredients:

2 pounds Salmon, Black Cod (Butterfish,) or Halibut fillets, 6 oz portions

1 cup Miso marinade
2 tbsp Soy sauce, low sodium
1/2 cup Red miso paste
1/4 cup Sugar
1/4 cup Mirin or Sake
1/2 Tbsp Garlic, minced
1/2 Tbsp Ginger, minced
1 each Scallions, white part, minced

garnish options

julienne: carrots, bell peppers, cucumber, pickled ginger

bean sprouts, sliced scallion tops – green part, chopped cilantro

Instructions:

- mix together miso marinade and marinate fish for 24 hours (or at least 4 hours)
- place oven rack at the top first or second position just below broiler. place a cast iron skillet or oven-proof baking pan on rack and preheat oven to 400°F/204°C. then turn oven to broil (high) for 5 minutes.
- add a tablespoon of vegetable oil and spread around the pan; remove fish from marinade and place on hot pan; baste top of fish with excess marinade
- broil for 2 minutes then turn fish over and apply more marinade, broil for 3 more minutes or until finished (internal temperature of fish is 145°F/62°C)

Approx. cook times: 5 minutes for 1 - 1 ½" thick fillets; 6 minutes for 2" thick fillets

Serve with your choice of garnishes; great with steamed sushi rice and vegetables

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