

Miso Glazed Black Cod on Baby Bok Choy and Shiitake Mushrooms



Ingredients for the Miso Glazed Black cod:

- 1/3 cup white Miso
- 1/3 cup sake
- 1/3 cup Mirin
- 1/4 cup brown sugar
- 4 (6 ounce) black cod fillets or Chilean sea bass, salmon, etc

Ingredients for the Baby Bok Choy and Shiitake Mushrooms:

- 1 tablespoon oil
- 1 pound baby Bok Choy, sliced 1/4 inch thick
- 8 ounces shiitake mushrooms, stemmed and sliced
- 2 cloves garlic, chopped
- 1/4 cup dashi or broth or water
- 1 teaspoon soy sauce
- 1 teaspoon toasted sesame oil

Method for the Miso Glazed Black Cod:

1. Mix the Miso, sake, Mirin, and sugar, heat in a saucepan over medium heat until the sugar has melted and the Miso has mixed in smoothly, about 5 minutes, before letting it cool.
2. Marinate the fish in 2/3 of the marinade in a sealed container in the fridge for 30 minutes to overnight or optimally for 2-3 days.
3. Place the fish on a greased baking sheet and bake in a preheated 400F oven until the fish just starts to flake, about 8-10 minutes depending on the thickness of the fish, turn the oven up to broil and let it broil until deeply golden brown on top, about 2-3 minutes.
4. For the baby Bok Choy and shiitake mushrooms:
5. Heat the oil in a pan over medium-high heat add the Bok Choy stems and shiitake mushrooms, cook until soft, about 2-3 minutes, add the garlic, sauté until fragrant, about 30 seconds, add the Bok Choy leaves, dashi and soy sauce and simmer until the leaves have wilted, remove from heat and mix in the sesame oil.
6. Serve the fish on a bed of the baby Bok Choy and shiitake mushrooms drizzled with the remaining marinade and optionally garnished with green onions and/or sesame seeds.

DENE

Note: For optimal flavor marinate the fish for 2-3 days but if you are in a hurry, overnight or while you are at work or 30 minutes or even just brushing the marinade on the fish and broiling right away will work, but with less flavor.

Option: Use honey or other sweetener rather than the brown sugar if desired but the brown sugar brings the hint of molasses Umami.

Note: If you use broth or water to braise the Bok Choy you may want to add a teaspoon, fish sauce for that extra kick of Umami.

Note: If I was making the baby Bok Choy and shiitake mushrooms as a side dish without the Miso marinade for flavor, I would add more soy sauce and maybe some oyster sauce for more flavor.