

Black Cod with Miso

<http://userealbutter.com/2011/10/11/miso-black-cod-recipe/>

from [Food and Wine](#) contributed by Nobu Matsuhisa

3 tbsps mirin

3 tbsps sake

1/2 cup white miso paste

1/3 cup sugar

6 6-oz black cod fillets, about 1 1/2 inches thick (I only had 3 fillets)

vegetable oil

pickled ginger, for serving

[Note: The recipe originally calls for skinless black cod fillets. I left the skin on mine. I find it helps to keep the fish intact while I'm transferring it about.]

Bring the mirin and sake to a boil in a small saucepan. Whisk the miso paste into the mirin and sake until combined (mine didn't dissolve, it became a thick paste). Pour the sugar into the pan and stir over medium heat until the sugar is dissolved. Empty the miso marinade into a baking dish (one large enough to fit all of your fish) and let it cool. At this point, you can store the miso marinade for up to a week in the refrigerator. When the marinade is cool, place the fish pieces into the baking dish and be sure to coat each piece entirely in the miso. Cover with plastic wrap and refrigerate overnight or as the restaurant does it – refrigerate for 2-3 days (yes, do this – yes!!!). When ready to cook the fish, preheat the oven to 400°F. Heat a grill pan on high heat and oil it. In my case, I used my stainless steel sauté pan with a little oil. Remove the fish from the miso and scrape any excess from the fish (I just used my hands to do that). Place the fish, skin-side up, into the hot pan and cook for about a minute until the bottom browns. Carefully flip the pieces over (a fish spatula really helps here), skin-side down, and sear for another minute or until the skin begins to brown. Remove the fish from the pan and set on a heavy rimmed baking sheet lined with foil, skin-side down. Bake the fish for 10 minutes or until the flesh is flaky. Serve with pickled ginger.