MISO GLAZED CHILEAN SEA BASS WITH BOK CHOY AND SHITAKE JASMINE RICE

Ingredients

Fish:

¼ cup mirin

¼ cup sake

4 tablespoons white miso paste

3 tablespoons sugar

2-2 ½ pounds Chilean sea bass (or other white fish such as cod, haddock, halibut, etc...)

1 tablespoon olive oil

Shiitake Rice:

1 tablespoon olive oil

1 large onion, chopped

8 garlic cloves, chopped

1 pound shitake mushroom caps, sliced (about 3 cups)

1 tablespoon soy sauce

1 tablespoon oyster sauce

½ teaspoon salt

½ teaspoon black pepper

1 cup Jasmine rice, cooked to package directions

8 bunches bok choy

2 teaspoons olive oil

2 teaspoons soy sauce

reserved marinade

Instructions

Note – this is an easy recipe but the fish must marinade for 2 days for best results!

Combine the mirin, sake, and miso in a saucepan and bring to a boil, whisking until smooth. Add the sugar and cook for 1 more minute whisking constantly until the sugar dissolves. Let cool to room temperature. Pat the fillets dry with paper towels and place it in a shallow baking dish. Coat the filets completely on both sides with the cooled marinade. Cover tightly with plastic wrap and refrigerate for 2 days.

Preheat oven to 400 degrees.

Heat the 1 tablespoon olive oil in a large frying pan. Wipe the excess marinade off the fish and place the filets in the hot pan Note – the marinade will pop and spatter so watch your eyes! Reserve the excess marinade for cooking the bok choy. Sear on each side for 2-3 minutes until dark golden, and caramelized. Place the filets on a foil lined baking

sheet and place in the oven for 5-10 minutes (depending on thickness) until just cooked through and a fork slides in and out of the center easily. Remove and tent with foil to keep warm until ready to serve.

To make the rice, heat the oil in a large deep skillet and cook onions and garlic until soft and fragrant. Add the mushrooms and continue cooking for 5 minutes until they are soft and most of the moisture is released. Stir in the soy sauce, oyster sauce, salt and pepper and cook for 1 minute, stirring constantly. Add the rice and stir until coated. Flatten the rice to an even layer in the pan and let cook for 1 minute without stirring. This will create a slightly crispy coating. Toss again and keep warm until ready to plate.

Cut the bok choy into halves or quarters depending on the size. Heat the olive a medium skillet over medium high heat until very hot. Add the bok choy followed by soy sauce and toss to coat. Add ¼ cup of the remaining miso marinade to the pan and toss again. Cover and cook for 1-2 minutes until bulbs are crisp-tender, but the leaves are still bright green.

Serve ½ cup of rice topped with a miso filet and a couple of bok choy pieces on the side.

Go back for seconds.