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Miso Delicious Black Cod

Sablefish is more commonly known as Black Cod and Butter Fish. This delicate, rich fish is packed with heart-healthy Omega-3 fatty acids and is a favorite in our house. Try this amazing recipe today!

Ingredients:

- 1 to 1 ½ pounds of Black Cod from The Fish Folks
- ¼ cup brown sugar (coconut sugar is a great, as well)
- ⅓ cup of miso paste
- ⅓ cup of mirin
- 2 garlic cloves-minced
- 1 ½ Tablespoons of low sodium soy sauce
- Salt & Pepper, to taste
- Sesame seeds for garnish

Directions: In a small saucepan over medium heat, combine the brown sugar, miso paste, mirin, garlic, and soy sauce. Stirring occasionally, simmer the miso sauce for about 5 minutes or until the sugar has dissolved. Cool the miso sauce completely. Place the Black Cod in an oven-safe baking dish, salt and pepper the fish, to taste. Pour the Miso sauce over the Black Cod and marinate in the miso sauce for 1 to 4 hours in the refrigerator. Next, place the baking dish in the oven and bake @ 375 degrees for about 20 minutes or until the Black Cod is 145 degrees. Remove the fish from the oven and garnish with sesame seeds. I love to serve this dish over a bed of coconut Jasmine rice with an Asian coleslaw.

Servings: 4