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easy miso cod

Made famous by celebrity chefs Nobuyuki "Nobu" Matsuhisa and Wolfgang Puck, the pairing of miso and cod is, well, like peanut butter and jelly...they belong together. Though super-simple to make, remember to plan ahead because the longer the fish marinates, the better.

SERVES: 6



julie albert & lisa gnat

ingredients

Miso Marinade

- 3/4 cup sake
- 3/4 cup mirin
- 1 cup white miso paste
- 2 tbsp soy sauce
- 1/2 cup packed brown sugar

6 (6oz) cod fillets (can also use halibut or sea bass)

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directions

1. For the marinade, combine sake and mirin in a medium saucepan over high heat. Boil for 30 seconds. Turn heat to low and add miso paste and soy sauce, stirring until the paste is completely dissolved. Add brown sugar and turn the heat back to high, stirring continuously until sugar has dissolved. Remove from heat and cool to room temperature.
2. Pat the cod fillets dry with paper towels. Place fish in a large resealable plastic bag and pour in the marinade. Refrigerate 12-24 hours, turning fish occasionally.
3. Preheat oven to 450°F. Line a baking sheet with aluminum foil and coat with non-stick cooking spray.
4. Remove fish from marinade, lightly wiping off any excess marinade clinging to the fillets. Place cod on prepared baking sheet and bake 6-7 minutes. Finish fish under the broiler, 2-3 minutes, to get a glaze on top.

"Fish and visitors smell in three days."

— BENJAMIN FRANKLIN

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