

# MISO GLAZED SEAFOOD RICE BOWL



## INGREDIENTS

- ½ cup sake
- ½ cup mirin
- ½ cup white miso
- ½ cup sugar
- 2, 8 oz portion of Black Cod, Cod or Salmon
- 1 tbsp of grapeseed oil, or a neutral oil
- Steamed Jasmine rice for serving (plan ½ of uncooked rice per serving)

### Cucumber salad:

- 3 tbsp of rice wine vinegar
- 2 tsp sesame oil
- 2 medium garlic cloves, grated
- 1 tbsp toasted sesame seeds
- 1 tsp sugar
- ½ tsp kosher salt
- 1-2 Persian cucumbers thinly sliced
- 1 bunch scallions, white and light green parts thinly sliced

**Step one:** In a small saucepan over medium heat, combine the sake, Mirin, miso, and sugar. Bring to a simmer and whisk until dissolved. Remove from heat and allow to cool to room temperature.

**Step two:** In Ziplock bag combine fish and the marinade from step one. Refrigerate for 6-10 hours.

**Step three:** Make rice based upon package instructions.

**Step four:** Make cucumber salad. In a medium bowl mix together, the rice vinegar, sesame oil, garlic, sesame seeds, sugar, and salt. Add the cucumbers, stirring to coat with the dressing.

**Step five:** Preheat oven to 425 degrees. In a non-stick pan over high heat, add the grapeseed oil. Then add the fish skin side up and cook for 2 minutes. Flip the fish over and cook another 2 minutes. Place in the oven and cook from 8-10 minutes until cooked through (will depend on how thick the fish is).

**Step six:** Add the steamed rice to the bowls, place the fish on top, add the cucumbers and then garnish with the green onions. I also added some hot chili oil for some heat. You can buy this in your Asian grocery or some specialty stores. Try the pickled red onion recipe as an addition as well. They are great to have in your refrigerator and add color and flavor to many dishes.