

# MARINATED BLACK COD WITH BABY BOK CHOY

I love black cod. It's a very rich, buttery flavored fish that can really stand up to a good marinade. It's got a bit of a fatty texture and doesn't taste too "fishy," so even those that might not love seafood might be persuaded to give it a try. And with this miso based marinade and some sautéed bok choy, it's hard to go wrong.

## **INGREDIENTS** (serves 2)

1 lb Black Cod, cut into four pieces

2 tablespoons oil

scallions, chopped for garnish

fried onions, for garnish

## **MARINADE FOR FISH**

$\frac{1}{4}$  cup miso paste

2 tablespoons sugar

2 tablespoons mirin

2 tablespoons sake

1 tablespoon water

1 tablespoon lemon juice

$\frac{1}{2}$  teaspoon fish sauce

## **BOK CHOY**

1 tablespoon soy sauce

1 tablespoon water  
1 tablespoon sake  
1 tablespoon mirin  
 $\frac{1}{2}$  teaspoon fish sauce  
1 garlic clove, thinly sliced  
 $\frac{1}{4}$  teaspoon red pepper flakes  
1 tablespoon olive oil  
2 cups baby bok choy, chopped  
salt and pepper to taste

### **PREPARATION**

In a small bowl, combine the marinade ingredients. Whisk together until smooth.

Place fish and marinade in Ziploc bag and massage marinade around fish. Marinate overnight.

The next day, combine soy sauce, water, sake, mirin, fish sauce, garlic, and red pepper flakes in a small bowl.

Heat the olive oil in a large skillet over medium heat. Add the bok choy to the pan, season with salt and pepper, and sauté for 2 minutes. Pour the sauce on top and gently combine with bok choy. Continue to sauté for an additional minute or two until bok choy is tender. Cover to keep warm and set aside.

Remove fish from Ziploc bag and place pieces on a plate. Pour the marinade in a bowl.

Oil the grill grates if cooking outside or heat a grill pan on a medium high flame.

Place the fish on the grill skin side up, and lightly brush with some of the marinade. Grill for 4 minutes. Flip over, brush some of the marinade on the fish and continue to grill for another 4 minutes.

To serve, place the bok choy on the base of a plate and place a piece of the cod on top. Garnish with scallions and fried onions.