

MISO POACHED BLACK COD WITH BOK CHOY

You want simple and delicious? Here's one of my favorite dishes that I only make when my husband is out of town. (He's not crazy about certain fish.) It takes less than a half hour and it's a one pot dish. The perfect thing to have while watching the forbidden chick flick.

INGREDIENTS (Serves 2-3)

1 $\frac{1}{2}$ pound black cod, filleted

1 packet dashi*

2 cups water

1 heaping tablespoon miso paste

1 bunch bok choy, chopped

Salt and pepper

Fried onions for garnish

PREPARATION

Season the fish with salt and pepper, set aside.

Place the dashi packet and water together in a medium sized pot. Bring up to a boil, then down to a simmer. Add the miso paste and stir until dissolved. Add in the bok choy and gently place the fish in the center of the pot, skin side down. Baste the fish with some of the liquid. Cover the pot for 8-10 minutes and continue to simmer.

Gently remove fish from pot and place in center of soup bowl. Remove the dashi packet and discard. Ladle the bok choy and the liquid on top. Garnish with fried onions.

*FOR DASHI PACKETS: <http://bit.ly/3KeYlGK>