

Miso-Glazed Fish

By Martha Rose Shulman

Time About 30 minutes

Rating ★ ★ ★ ★ ★ (3034)



Andrew Purcell for The New York Times. Food Stylist: Carrie Purcell.

Most recipes for miso-glazed fish are for salmon, because fatty fish are well suited for this preparation and salmon is particularly delicious. Nobu Matsuhisa is known for his miso-marinated black cod, which he marinates for two to three days. I can't imagine finding fish fresh enough to marinate for that long, so in my recipe I marinate the fish for a few hours before broiling and then finishing, if necessary, in the oven. The marinade is based on the Matsuhisa recipe, but I've reduced the sugar considerably.

INGREDIENTS

Yield: 4 servings

- ¼ cup mirin
- ¼ cup sake
- 3 tablespoons white or yellow miso paste
- 1 tablespoon sugar
- 2 teaspoons dark sesame oil
- 4 salmon, trout, Arctic char, mahi mahi or black cod fillets, about 6 ounces each

PREPARATION

Step 1

Combine the mirin and sake in the smallest saucepan you have and bring to a boil over high heat. Boil 20 seconds, taking care not to boil off much of the liquid, then turn the heat to low and stir in the miso and the sugar. Whisk over medium heat without letting the mixture boil until the sugar has dissolved. Remove from the heat and whisk in the sesame oil. Allow to cool. Transfer to a wide glass or stainless steel bowl or baking dish.

Step 2

Pat the fish fillets dry and brush or rub on both sides with the marinade, then place them in the baking dish and turn them over a few times in the marinade remaining in the dish. Cover with plastic wrap and marinate for 2 to 3 hours, or for up to a day.

Step 3

Light the broiler or prepare a grill. Line a sheet pan with foil and oil the foil. Tap each fillet against the sides of the bowl or dish so excess marinade will slide off. Place skin side up on the baking sheet if broiling.

minutes on each side, until the surface browns and blackens in spots. If necessary (this will depend on the thickness of the fillets) finish in a 400-degree oven, for about 5 minutes, until the fish is opaque and can be pulled apart easily with a fork.

TIPS

For a vegetarian version of this dish, substitute tofu, sliced about 2/3 inch thick, for the fish.

Advance preparation: You can prepare the fish 12 hours before cooking.

Private Notes

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