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The Wine Defender

SO MUCH FUN WITH FOOD AND WINE...IT'S CRIMINAL!

Wednesday, January 10, 2007

Blue Ginger Butter Fish in Sake-Miso Glaze



By directive of the VC guy, here is a great, easy dish (to help you lose the post-holiday weight). This is favorite at Blue Ginger Restaurant and is absolutely delicious. I think it's better grilled than broiled, but either way, it's delicious. This recipe serves four.

Ingredients

1 cup light miso
 1/2 cup mirin
 1/2 cup sake
 1 tbsp finely chopped ginger
 1/2 canola oil
 1/4 cup sugar
 12-16 oz black cod (about 3-4 oz per person) (butterfish is very difficult to get and black cod, I have been told, is basically the same thing....Sea Bass also works well)

Preparation

Combine miso, mirin, sake, ginger, oil and sugar
 Stir until mixture is blended smooth and well mixed
 Add fish and coat. Cover with seran wrap or in zip-loc bag and marinate overnight refrigerated.

Bring to room temperature and grill or broil fish turning once about 10-12 minutes

Plate the fish with a seaweed salad and finish with some reduced sweet soy sauce, wasabi aoli, and pickled ginger.

Posted by [Mike](#) at [3:22 PM](#)

3 comments:

VC guy said...

i knew you would come through for me. what are miso and mirin?

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[January 11, 2007 at 12:35:00 PM EST](#)

Anonymous said...

Your blog keeps getting better and better! Your older articles are not as good as newer ones you have a lot more creativity and originality now keep it up!

[January 8, 2010 at 12:51:00 PM EST](#)

[buy viagra](#) said...

This recipe is very tempting, however I think it's going to cost me to prepare because it looks very elaborate.

[June 1, 2010 at 11:36:00 AM EST](#)

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