

Dining with the Chef

Recipes



Jul. 15, Mon. 2013

Rika's TOKYO CUISINE

Mackerel Stewed with Miso



Seafood

Difficulty



Ingredients (Serves 2)

- 1 mackerel fillet
- 8 thin slices of fresh ginger
- 1 tbsp *miso*
- 1 tbsp *gochujang* (Korean hot pepper paste)
- 1 tbsp sugar
- 2 tbsp *mirin*
- 1 tbsp soy sauce
- 3 tbsp sake
- 2/3 cup water

Directions



1. Cut the mackerel fillet in half. Blanch in boiling water for 10 seconds. When it becomes opaque, bathe in cold water and drain.



2. Combine the miso with the **gochujang**, sugar, **mirin**, soy sauce, sake, and water in a pan and bring it to a boil.



3. Place the mackerel fillet in the liquid, skin-side up. Add the ginger slices.



4. Cover with a paper towel with a hole in the center and cook over low heat for 20 minutes.

Tips

Using an **otoshibuta** (drop lid) circulates even a minimum amount of cooking liquid evenly in the pot. A drop lid made of a paper towel also absorbs and removes scum.

* If **mirin** is not available, you can make a substitute by combining 100ml white wine with 3 tbsp honey. Use 30ml for this recipe.



JAPANESE FOOD

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TOP CHEFS: HOME COOKING