



Mar. 17, Fri. 2017

Authentic Japanese Cooking

Simmered *Kinki* Fish



Seafood

Difficulty



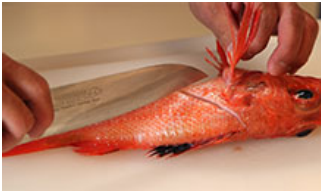
Ingredients (Serves 2)

2 whole *kinki* (Thornhead)
30 g ginger
1/2 burdock root

Simmering liquid:

400 ml water
100 ml sake
3 tbsp *mirin*
3 tbsp sugar
4 tbsp soy sauce

Directions



1. Place the **kinki** with the heads pointing to the left and cut relatively deep slits into the surface (this side will be on top when served).



2. Place them into a bowl and pour boiling water over top, then immediately pour cold water in. With your fingers, gently remove any remaining scales or other unwanted materials or debris, and remove from the bowl.



3. Slice the ginger and cut some of the slices into thin strips, for use as a garnish when serving.



4. Take a 30 cm length of burdock root and cut it into 8 spears, along its length. After cutting the burdock root, place it in water to prevent discoloration.



5. In a large pot, mix together the water, sake, **mirin**, sugar, and soy sauce, then add the burdock root, placing it along the edges of the pot.



6. Add the sliced ginger and heat. When it comes to a boil, add the **kinki** and cover with a drop lid, then simmer for 10 min.



7. Continue to cook down the simmering broth, spooning it over top, until it thickens.



8. Transfer the **kinki** to a serving dish. Cut the burdock root into easy-to-eat pieces and add to the **kinki** on the serving dish.



9. Pour the cooked-down simmering broth over top and garnish with the ginger strips, and serve.

Tips

Make sure to use a drop lid when simmering the **kinki** to ensure that the simmering broth comes in contact with all of the fish, and that it cooks through evenly.



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