

YIELD: 2 PEOPLE

## Miso Black Cod

Miso Cod - delicious, moist, tender, and crazy delicious cod fish marinated with Japanese miso. This miso cod recipe is made famous by Nobu Matsuhisa.



PREP TIME	COOK TIME	TOTAL TIME
5 minutes	15 minutes	20 minutes

## INGREDIENTS

### Ingredients:

- 2-3 black cod fillets, about 1 lb (0.4kg)

### For the marinate:

- 1/4 cup [sake](#)
- 1/4 cup [mirin](#)
- 4 tablespoons [white miso paste](#)
- 3 tablespoons sugar

## INSTRUCTIONS

1. Mix the marinate ingredients thoroughly in a plastic container (with lid) and set aside. Save some for plating purposes.

2. Pat the fish fillets dry with paper towels and put them into the plastic container with the marinate. Cover the lid and leave to steep in the refrigerator overnight or for 24 hours.
3. Preheat oven to 400 degree F.
4. Preheat an indoor grill at the same time.
5. Lightly wipe off (with fingers) any excess miso marinate clinging to the fish fillets but don't rinse it off. Place the fish on the grill and lightly grill on both sides until the surface turns brown.
6. Transfer the fish fillets to the oven and bake for 10-15 minutes.
7. Add a few extra drops of the marinate on the plate and serve hot.

## NOTES

You can substitute black cod for sea bass or salmon or any kinds of flaky fish fillets. There are many different kinds of miso (red, brown, white, and more). Make sure you get white miso. I like my miso cod more intense with the flavors of sake and miso, and that being said, the marinate sauce might be too watery for plating purposes as one of my readers pointed out. Heat up the sauce to thicken it if you wish to use it for plating. Or if you like, you can reduce the amount of sake and mirin to slightly less than 1/4 cup each. Use 5 tablespoons miso if you prefer a deeper miso flavor.

Click for [Conversion Tool](#).

<b>Nutrition Information</b>
<b>Serving Size</b> 2 people
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<i>Amount Per Serving</i>
<hr/>
<b>Calories</b> 518
<hr/>
<b>Total Fat</b> 16g
<hr/>
Saturated Fat 3g
<hr/>
<b>Cholesterol</b> 774mg
<hr/>
<b>Sodium</b> 3960mg
<hr/>
<b>Carbohydrates</b> 81g
<hr/>
Fiber 4g
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Sugar 54g
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<b>Protein</b> 329g

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