



DUNCAN LAW SEAFOOD CONSUMER CENTER
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Miso & Ginger Black Cod

1/2 cup yellow miso
1/4 cup rice wine vinegar
1/4 cup sherry
2 tbsp soy sauce
2 tsp minced garlic
1 tbsp brown sugar
1 tbsp grated ginger
2 tbsp sesame oil
2 tbsp chopped cilantro
4 6-8 oz black cod fillets
1 tbsp toasted sesame seeds
1 tbsp chopped green onion

Combine the miso, rice wine vinegar, sherry, soy sauce, garlic, brown sugar, ginger, sesame seed oil, and cilantro in a non-reactive bowl. Add the black cod fillets and marinate for at least 30 minutes.

Remove the fish from the marinade, reserving the marinade. Heat a non-stick pan over medium high and add the black cod and cook for 3-4 minutes, basting occasionally. Carefully flip the fillets and cook 3-4 minutes more, or until the cod begins to flake. Transfer to a warm plate and sprinkle with toasted sesame seeds and the green onion.

Serves 4