

# Recipe Collection

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# Chapter 1

## Greece

# Chapter 2

## Japan

### 2.1 Fish

## Saba Misoni



10 min



20 min



2 Portions



[Just One Cookbook](#)

Mackerel fillets are simmered in a miso-based sauce. It's an easy and quick way to cook mackerel and similar fish. This similar to Saba Nitsuke, although the flavor profile is different.





#### Preparation

- 1 Clean and fillet the fish, if it is whole. If desired, an "X" can be cut into the skin side of the fish
- 2 Combine the sake, sugar, miso, ginger and water in a pan big enough to hold all the fillets. Stir well, so as to dissolve the miso. Bring the mixture to a boil.
- 3 Once boiling, put fish in, skin side up. Put an otoshibuta (a slightly too small lid) on and let simmer for 8-10 minutes.
- 4 Add the soy sauce, mix by swirling the pan. Take it off the heat and serve.

#### Ingredients

- |         |  |
|---------|--|
| 1       | Whole mackerel<br>(or 2 fillets)                         |
| 1/2 Tsp | Soy Sauce  |
| 1       | Skinny green onion<br>(garnish)                          |
| 2       | Round,<br>decoratively cut<br>carrot slices<br>(garnish) |
| 2 Tbsp  | Sake   |
| 2 Tbsp  | Sugar  |
| 2 Tbsp  | Miso   |
| 1/2 Cup | Water  |
| 1-3     | Thin ginger slices                                       |

# Saba Nitsuke

 10-20 min  
 20 min  
 2 Portions  
 [Kanaiko's Kitchen](#)

Nitsuke is a very simple simmering technique that yields a deep, sweet, salty, gingery, umami main dish in just a few minutes. A mainstay of everyday Japanese home cooking, Saba Nitsuke is definitely one of the three or four most often-cooked Japanese dishes.

This simmering technique, by the way, works well not only with mackerel but also with just about any kind of fatty fish, including flatfish, sea bream, sardines and pacific saury.

## Preparation

- 1 Clean and fillet the fish, if it is whole.
- 2 Boil the sake and mirin in a pan big enough to comfortably hold the fillets without them piling up.
- 3 Add water, sugar, soy sauce and ginger. Bring the mixture back to a boil.
- 4 With the liquid boiling, place the fillets in the pan, skin side up. Occasionally baste the fish during this time.
- 5 When the liquid boils for the third time, place an otoshibuta (a lid that is slightly too small for the pan) over the fish and cook for 4 minutes.
- 6 Remove the otoshibuta, and continue to simmer for another 8-10 minutes while the sauce reduces. Baste occasionally, being sure not to move the fillets, as they will break apart.
- 7 The fillets should be glazed golden brown and the sauce should have reduced somewhat. It is now done

## Ingredients

- |         |                                |
|---------|--------------------------------|
| 1       | Whole mackerel<br>(or fillets) |
| 1/3 Cup | Sake                           |
| 1/3 Cup | Mirin                          |
| 1 Cup   | Water                          |
| 1/3 Cup | Soy Sauce                      |
| 3 Tbsp  | Sugar                          |
| 1       | Thin ginger slice              |

A quick meal can be made of this, miso soup, rice and some type of pickle or rice seasoning.

A red L-shaped line, consisting of a vertical segment on the left and a horizontal segment on top, framing the 'Hint' section.

### Hint

*Cooking more fish with this recipe is really more of a function of pan size. If the pan is such that you can get two mackerel mostly in the liquid, there's no need to double the liquid portions.*