

Fast Miso Fish and Mushrooms

But not too fast

For the fish:

2 6-8oz fillets
2 Tbsp white miso paste
2 Tbsp mirin
1 tsp sesame oil
4 tsp neutral oil

For the mushrooms:

1 Tbsp miso
1 Tbsp sake
¼ onion, thinly sliced
2 shiitake mushrooms
5oz (145g) small mushrooms, such as
enoki or cremini
2 oz (56g) king oyster mushrooms
5 tsp unsalted butter
2 tsp soy sauce
A handful of chives

Serves 2

Time: 2 hours (optional all-day marinade)

Use a firm, white fish such as mahi mahi or black cod, but salmon is also good.

For the fish:

1. Make sure your fish is thawed well in advance. Whisk together the miso, mirin, and sesame oil. With a sharp knife, make hash marks into the fish, then swish the fillets around in the marinade until fully coated. Cover and refrigerate at least 2 hours, but up to 12.
2. Heat a skillet over medium-high heat, then add the neutral oil and fish. If it sizzles intensely, reduce the heat to avoid burning the marinade.
3. Cook for about 4 minutes on the first side, until it is lightly golden. Reduce heat further if necessary to prevent burning. Flip and cook for another 2 minutes or so, until the center is just cooked.
4. Serve with rice or other grain and veggies on the side.

For the mushrooms:

1. Whisk together miso and sake. Slice all mushrooms into bite-sized pieces.
2. Cut a 14 by 12-inch piece of foil and spread 2 tsp butter across one side. Place the onions on the foil, followed by the mushrooms, with bigger pieces on top. Drizzle the miso over the mushrooms and place the remaining butter on top.
3. Fold up the foil edges and close tightly into a packet, so that steam will not escape. Bake in the oven at 425° F for 18-20 minutes. Serve with a sprinkling of soy sauce and chives.

Woks of Life, Kaitlin
Just One Cookbook, Just One Cookbook