

That combination has all the elements of a high-end fine dining dish. The key is restraint and layering flavors instead of making everything bold. Sablefish (black cod) is naturally rich, so every component should add acidity, freshness, or umami.

Soy & Sake Marinated Shiro Miso Glazed Sablefish

Serves 4

Ingredients

Sablefish & Marinade

- 4 sablefish fillets (6-7 oz each), skin on
- ½ cup sake
- ½ cup mirin
- ¼ cup soy sauce
- 2 tbsp sugar
- 1 tsp grated ginger

Shiro Miso Glaze

- ½ cup white (shiro) miso
- 2 tbsp mirin
- 2 tbsp sake
- 1 tbsp honey
- 1 tsp sugar

Kombu-Yuzu Dashi Broth

- 4 cups water
- 1 piece kombu (about 4 x 4 inches)
- 1 cup bonito flakes
- 1 tbsp soy sauce
- 1 tbsp mirin
- 1 tsp white miso
- 2 tsp yuzu juice
- pinch sea salt

Quinoa

- 1 cup tricolour quinoa or pearl couscous
- 1 ½ cups dashi (or chicken stock)
- 1 tbsp butter
- pinch salt

Vegetables

- 8 baby bok choy, halved
- 8 shiitake mushrooms, stems removed
- 1 cup shelled edamame
- 2 carrots, sliced into thin rounds
- 2 tbsp butter
- 1 tbsp sesame oil
- 1 garlic clove
- sea salt

Yuzu Miso Cream

This is the creamy component underneath the fish.

- ½ cup crème fraîche
- 2 tbsp mayonnaise
- 1 tbsp white miso
- 1 tsp yuzu juice
- pinch white pepper

Blend until completely smooth.

Method

1. Marinate the Fish

Bring sake and mirin to a boil for 30 seconds to remove the alcohol.

Whisk in soy, sugar and ginger.

Cool completely.

Marinate the sablefish 24 hours.

2. Make the Miso Glaze

Whisk together

- miso
- mirin
- sake
- honey
- sugar

Set aside.

3. Cook the Quinoa

Rinse well.

Cook gently in dashi until just tender.

Finish with butter.

The quinoa should stay loose—not sticky.

4. Make the Dashi

Heat the water to about 140°F (60°C).

Steep kombu for 45 minutes.

Remove kombu before simmering.

Bring almost to a boil.

Add bonito flakes.

Steep 5 minutes.

Strain.

Whisk in

- soy
- mirin
- white miso
- yuzu juice

Keep warm.

It should taste incredibly light with just enough citrus.

5. Vegetables

Blanch carrots for 1 minute.

Blanch edamame.

Blanch bok choy for 45 seconds.

Shock all in ice water.

Before serving:

Sauté shiitakes in butter until deeply browned.

Add garlic.

Add sesame oil.

Toss in bok choy and edamame just long enough to heat through.

Season lightly.

6. Cook the Fish

Pat fish dry.

Brush lightly with neutral oil.

Sear skin-side down in a very hot pan for 5–6 minutes until the skin is crisp and deeply golden.

Flip.

Brush generously with the miso glaze.

Transfer to a 425°F (220°C) oven for 5–7 minutes, until the fish reaches about 125°F (52°C) in the center.

For the final minute, switch to broil to caramelize the glaze until it develops a lacquered finish without burning.

Let rest for 2 minutes.

Plating

1. Spoon a generous dollop of yuzu miso cream in the center of a warm shallow bowl.
2. Arrange two baby bok choy halves over the cream.
3. Spoon a ring of quinoa around the bok choy.
4. Scatter the shiitake mushrooms, carrot rounds, and edamame evenly through the quinoa.
5. Place the glazed sablefish on top, skin side up.
6. Carefully pour the hot kombu-yuzu dashi around the quinoa at the table or just before serving, leaving the crispy skin exposed.
7. Finish with:
 - micro shiso or micro cilantro
 - toasted white and black sesame seeds
 - a few drops of toasted sesame oil
 - finely grated fresh yuzu zest or lemon zest
 - flaky sea salt on the fish

Chef's Notes

- Marinating the sablefish for a full 24 hours gives it the silky texture and deep flavor found in Japanese fine dining.
- Cook the fish to medium; overcooking quickly dries out its delicate texture.
- Keep the dashi light and crystal clear so it complements rather than overpowers the fish.
- The yuzu miso cream is essential—it balances the richness of the sablefish with acidity and adds the luxurious element you'd expect from a Michelin-level plate.