



Miso Marinated Sablefish with Forbidden Rice and

Braised Bok Choy

SERVES 4

PREP TIME 10 Min Plus 24-Hours to
Marinate

COOK TIME 1 Hour

Ingredients

1 cup sake
1/2 cup granulated sugar
1/2 cup mirin
1/2 cup white miso
4 (6-ounce) fillets sablefish or black cod
2 tablespoons extra virgin olive oil
Forbidden Rice
Braised Baby Bok Choy

Directions

In a small saucepot over medium high heat, combine sake, sugar, mirin, and miso. Cook until sugar is dissolved, about 5 minutes. Reduce sauce to a simmer and cook until smooth and thick, about 15 minutes, stirring frequently. Let cool completely. Place marinade and fish fillets in a zip-top baggie. Refrigerate 24 hours, turning occasionally.

Heat oil in a large skillet over medium heat, add sablefish fillets and cook until golden and opaque throughout about 4 minutes each side. Serve over Forbidden Rice and Braised Bok Choy (recipes follow).

Forbidden Rice:

Preheat oven to 350F. In a medium ovenproof pot with a lid, bring 1 1/2 cups water, 2/3 cups forbidden rice or brown rice, and 1/4 teaspoon kosher salt to a boil. Cover tightly and place in oven. Cook until water is completely absorbed, about 1 hour. Set aside for 15 minutes. Stir in 1/4 cup unsalted butter and 1/4 cup soy sauce. Place pot over medium-high heat, cook and stir until creamy, about 5 minutes.

Braised Bok Choy:

In a large deep heavy skillet, bring 1 cup chicken broth and 3 tablespoons unsalted butter to a boil. Add 4 baby bok choy that have been trimmed and halved and 1 teaspoon salt. Cover and simmer until tender, about 5 minutes. Remove bok choy to a serving dish and keep warm. Boil broth mixture until reduced to 1/4 cup, stir in 1/2 teaspoon sesame oil, kosher salt, and freshly ground pepper to taste. Pour over prepared bok choy to serve.