

MISO GLAZED BLACK COD



Advanced Prep

BLACK COD

- 1/3 cup white miso paste
- 2/3 cup dry white wine (I use Hahn Pinot Gris)
- 1 teaspoon granulated sugar
- ¼ cup brown sugar
- 4 Black cod fillet portions (4 to 6 oz. each)

In a bowl, combine miso paste, wine, and sugars; whisk until smooth.

In a lidded plastic or glass container, arrange cod in a single layer; pour miso mixture over cod completely submerging the fish. Reserve and marinate in refrigerator for at least 4 hours and preferably overnight.

PICKLED CUCUMBER AND FENNEL

- ¼ cup shaved fennel bulb
- 1 Persian cucumber (Small cucumber)
- 4 Tablespoons rice wine vinegar
- ½ cup water
- 1 Tablespoon granulated sugar
- ½ Teaspoon cumin seeds
- ½ Teaspoon coriander seeds

1 Teaspoon charnushka (black cumin seed)

Trim fennel bulb by removing root end and any damaged outside layer.

Using a mandolin, cut fennel bulb crosswise into thin slices and cucumbers lengthwise into thinly sliced ribbons*.

In a saucepan over medium-low heat, bring vinegar, water and sugar to a simmer, stirring to dissolve the sugar. When sugar is dissolved, remove from heat, stir in seeds and cool completely.

Combine vinegar mixture, cucumber and fennel slices in a bowl; cover and refrigerate 1 to 4 hours maximum.

STICKY COCONUT RICE

2 cups Sushi rice

13.5 ounce can coconut cream

Boiling water or Chicken broth

1 Teaspoon charnushka* (black cumin seed)

salt to taste

Sticky rice can be prepared in advance and reheated for Service.

Place the rice in a meshed sieve and rinse under cold water for 20-30 seconds. I do not rinse until clear in order to maintain more starch for its 'sticky' texture.

In a medium saucepan, add rice and coconut cream. Fill the empty coconut cream can with boiling water or chicken broth and add to saucepan. Bring to a boil, lower heat and simmer 10 minutes. Turn off heat and set aside for 10 minutes.

Carefully fold in charnushka seeds and additional salt if necessary. Transfer rice to a baking sheet spreading in a thin layer for rapid cooling. Cover with plastic wrap and reserve on counter until cool.

ASIAN VEGETABLE SAUTE

¼ cup red, yellow and orange bell pepper cut in ¼-inch dice

¼ cup zucchini cut in ¼-inch dice

1/3 cup sugar snap peas, cut crosswise in 1/8-inch slice

24 shelled edamame beans

1/8 cup Scallion, thinly sliced

1 Teaspoon sweet chili sauce

2 teaspoon tamari* sauce

1 Teaspoon toasted sesame oil

1/2 Teaspoon vegetable oil

In a bowl, combine all cut vegetables except for the scallion. Place a damp paper towel over the vegetables, cover with plastic wrap and refrigerate. Place the scallion and the remaining ingredients individually in small bowls for later use.

DASHI BROTH

1/2 sheet kombu
2 cups tepid water
2 whole dried shitake mushroom
1 Tbsp soy sauce (tamari)
1/8 cup consommé
1 ½ teaspoon Worcestershire sauce

Rinse kombu and pat dry being careful not to remove the white minerals. In a medium saucepan, soak kombu and shitake in water 15 minutes.

Bring water to a simmer keeping just below boiling point and cook for 15 minutes, skim any impurities from surface with a slotted spoon. Remove from heat and discard kombu and shitake. Add soy, consommé and Worcestershire, cover and reserve.

CILANTRO OIL/GARNISH

4 cups cilantro leaves
¾ cup safflower oil
1/8 cup micro herbs

Prepare ice bath in advance by combining ice and water in a small bowl.

Blanch cilantro leaves for 15 seconds in boiling water, remove with a slotted spoon and immediately place in ice bath. Strain and squeeze excess water from leaves. Place leaves and ½ of the oil in a blender and blend 2 to 3 minutes; stop blender for 2 minutes to ensure the oil does not heat. Resume blending and add remaining oil in a steady stream until emulsified. All the while check the oil to ensure that it is not increasing in temperature. You will want the oil to stay cool as it emulsifies to ensure there is no discoloration. If using the same day Remove from blender and let oil strain by gravity only through a cheesecloth and fine meshed sieve. Reserve, refrigerated, in a plastic squeeze bottle for service. The strained oil will last up to two days. If you would like to make in advance reserve the unstained pureed mixture in a container and than strain the day of service the unstrained oil will last for up to 1 week.

Reserve the micro greens in the fridge for service.

SERVICE

Thirty minutes before service remove all refrigerated items (except micro greens) from refrigerator and bring to room temperature.

Preheat convection oven to 400°F.

Transfer the cooled sticky rice to a glass bowl so that you can reheat in the microwave. Cover with plastic wrap.

Remove the cod from the marinade and place on a baking sheet with either a nonstick silpat or non stick tinfoil for baking.

Place the cod in the oven only once the oven has come to the proper temperature, never before. Bake for 10 minutes.

During this time, reheat the Dashi broth on the stovetop over medium heat, place the bowl of rice in the microwave and reheat on moderate heat so that it heats slowly during the 12 minutes the cod will be in the oven.

At this time you will also heat a medium sauté pan over medium low heat. When hot add the sesame and vegetable oils. Saute the vegetables on medium and then low so that they are finished when the black cod comes out of the oven. Once complete remove from heat and stir in the scallion, sweet chili, and tamari.

After the 10 minute timer is finished for the cod, leave the cod in the oven, and turn the oven to the high broiler setting. Leave the black cod under the broiler for an additional 2-3 minutes. Once complete remove the Black cod from the oven, and using a kitchen torch, torch the top of the cod for added flavor, and additional visual appeal, this step is optional but adds a unique texture and flavor to the fish.

During this time remove the pickled vegetables from the liquid and drain on paper towel, I personally like to roll the fennel in a ball, fold the cucumber in a fan and top with micro greens I will prepare the finished garnish next to the plate for service.

TO PLATE

Using a 3 inch ring mold place in the center of a large bowl for service. Using a spoon take 1/3 cup of the sticky rice and press into the center of the mold so that you create a perfect 3 -inch round that is compact this way it will not fall from the edges once the ring has been removed. Whilst the ring is still intact ladle 1 ounce of the kombu broth into the bowl so that it surrounds the sticky rice but will never cover, remove the ring mold. Repeat the same steps for each dish.

Top each rice round with the sautéed Asian vegetables, the black cod, and garnish with the pickled veg, and micro greens. To finish drizzle the coriander oil around the rice so that it lands in the dashi broth for effect and flavor.

Serves 4