



Miso and Soy Chilean Sea Bass

Jacob · 29/09/2024



Prep Time

3 hrs

Difficult

Medium

Servings

3 hrs 20 mins

Description

This Chilean sea bass recipe is meltinyourmouth delicious I had it at Blue Water Grill in NYC and it was by far the best sea bass Ive ever had in my life This recipe tastes very close to what I had at that restaurant They served it with bok choy and sticky rice on the side

Ingredients

- - 1/2 cup sake - 1/2 cup mirin (Japanese sweet rice wine) - 1/2 cup miso paste - 1/4 cup packed brown sugar - 3 tablespoons soy sauce - 4 (4 ounce) fillets fresh sea bass
- about 1 inch thick - 2 tablespoons chopped green onion

Instructions

1. Whisk together sake
2. mirin
3. miso paste
4. brown sugar
5. and soy sauce in a bowl. Dotdash Meredith Food Studios Place sea bass fillets in a large resealable plastic bag; pour marinade over fillets. Chill in the refrigerator for 3 to 6 hours. Dotdash Meredith Food Studios Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Prop the oven door to remain slightly ajar. Arrange fillets on a baking sheet; discard marinade. Dotdash Meredith Food Studios Broil sea bass in the preheated oven until fish flakes easily with a fork
6. 7 to 9 minutes. Sprinkle with chopped green onions to serve. Dotdash Meredith Food Studios