



Black Cod with Mushrooms and Sansho Pepper

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 36 ounce filets black with skin
- ☐ 7 ounces enoki mushrooms fresh cut into 3-inch lengths and spongy base discarded
- ☐ 3 garlic clove divided thinly sliced
- ☐ 0.1 teaspoon pepper whole for sprinkling, or 1 teaspoon sichuan peppercorns (sometimes labeled "sansyo")
- ☐ 6 tablespoons soy sauce reduced-sodium
- ☐ 2 tablespoons rice wine sweet (Japanese rice wine)
- ☐ 5 ounces mushrooms fresh (sometimes called beech mushrooms)

- ☐ 6 servings spring onion thinly sliced
- ☐ 1 shallots sliced
- ☐ 1 teaspoon vegetable oil
- ☐ 1 cup water

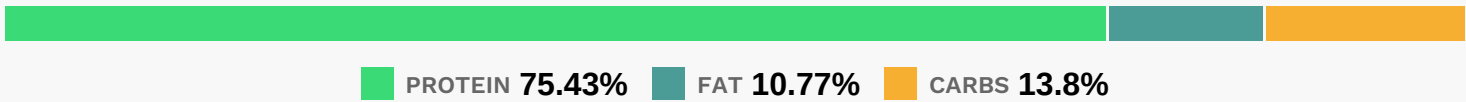
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Bring water, soy sauce, mirin, sansho pepper, shallot, and one third of garlic to a boil in a 1- to 2-quart heavy saucepan, then simmer 5 minutes.
- ☐ Let broth stand off heat 10 minutes.
- ☐ Cook remaining garlic in oil in a 10-inch heavy skillet over medium heat, stirring, until just golden.
- ☐ Add all mushrooms and cook, stirring occasionally, until tender, about 3 minutes.
- ☐ Strain broth through a fine-mesh sieve into mushroom mixture, discarding solids, and simmer 1 minute.
- ☐ Pat fish dry and sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat oil in a 12-inch heavy nonstick skillet over medium-high heat until hot, then sauté fish, skin side down, turning once, until golden brown, just starting to flake, and just cooked through, about 10 minutes.
- ☐ Transfer fish to shallow bowls. Reheat broth and divide among bowls, then sprinkle very lightly with more sansho pepper (if using).
- ☐ Broth can be made 1 day ahead and chilled, covered (once cool). Gently reheat before using.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:17.678695564685%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 186.62kcal (9.33%), Fat: 2.14g (3.29%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 6.16g (2.05%), Net Carbohydrates: 4.59g (1.67%), Sugar: 1.1g (1.23%), Cholesterol: 73.14mg (24.38%), Sodium: 673.82mg (29.3%), Alcohol: 0.81g (100%), Alcohol %: 0.34% (100%), Protein: 33.69g (67.38%), Selenium: 59.68µg (85.25%), Phosphorus: 434.28mg (43.43%), Vitamin B3: 6.92mg (34.6%), Potassium: 990.98mg (28.31%), Vitamin B6: 0.54mg (26.84%), Vitamin B12: 1.56µg (25.96%), Magnesium: 76.1mg (19.03%), Vitamin B2: 0.32mg (18.67%), Vitamin B1: 0.24mg (15.87%), Vitamin K: 14.1µg (13.43%), Vitamin B5: 1.14mg (11.38%), Folate: 44.15µg (11.04%), Vitamin D: 1.61µg (10.74%), Copper: 0.19mg (9.32%), Manganese: 0.18mg (9.07%), Zinc: 1.29mg (8.62%), Iron: 1.53mg (8.52%), Vitamin E: 1.26mg (8.38%), Fiber: 1.57g (6.29%), Vitamin C: 4.13mg (5%), Calcium: 42.92mg (4.29%), Vitamin A: 128.39IU (2.57%)