



Miso-bronzed Black Cod



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 6 ounce pacific halibut filets black
- ☐ 1 cup mirin (rice wine)
- ☐ 1 cup sake
- ☐ 0.3 cup sesame seed toasted
- ☐ 1 cup sugar
- ☐ 3 cups miso white

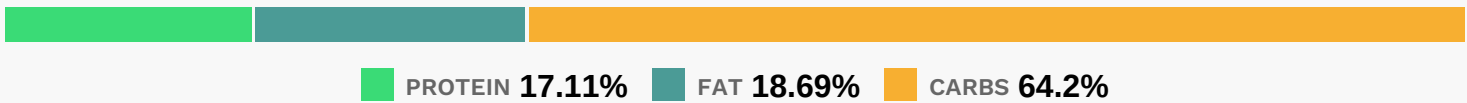
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ Combine sake and mirin in a medium saucepan; bring to a boil. Reduce heat to low, and stir in miso. Cook, stirring frequently, 20 minutes. Stir in sugars. Cook over low heat until sugars melt, stirring frequently.
- ☐ Remove from heat; cover and chill thoroughly.
- ☐ Place fish in a large zip-top freezer bag; pour miso marinade over fish. Seal bag, and marinate in refrigerator 48 hours, turning bag occasionally.
- ☐ Remove fish from marinade; discard marinade. Wipe excess marinade from fish fillets.
- ☐ Place fish, skin side down, on an aluminum foil-lined baking sheet. Broil 5 minutes on each side or until fish flakes with a fork.
- ☐ Sprinkle with toasted sesame seeds.
- ☐ Chicago's Brian Duncan, wine director at downtown Chicago's BIN 36 Restaurant, Wine Bar, and Market and BIN 36 Lincolnshire, brings an innovative touch to the Windy City's dining scene. Brian's wish to demystify wine for the consumer results in the restaurant's creative, approachable list of 50 wines by the glass and almost 400 by the bottle. Working closely with California winemakers, Brian created BIN 36 Brian's Blends--a collection of 12 (and counting) wine blends--to pair with food or enjoy on their own. Here, Brian selects wines to accompany this Asian-inspired dish.
- ☐ "This preparation calls for a generous amount of white and brown sugar and an extended marinating period. The cod will require a wine to match its sweetness. Armand Riesling Kabinett from the Pfalz region in Germany (\$1
- ☐ will do just that. Given its vivid acidity, it will also keep your taste buds piqued and your palate fresh."

Nutrition Facts



Properties

Glycemic Index:27.01, Glycemic Load:30.23, Inflammation Score:-5, Nutrition Score:15.335652309915%

Nutrients (% of daily need)

Calories: 479.3kcal (23.96%), Fat: 8.89g (13.68%), Saturated Fat: 1.44g (9%), Carbohydrates: 68.68g (22.89%), Net Carbohydrates: 62.56g (22.75%), Sugar: 44.7g (49.66%), Cholesterol: 10.42mg (3.47%), Sodium: 3866.84mg (168.12%), Alcohol: 9.66g (100%), Alcohol %: 5.37% (100%), Protein: 18.3g (36.6%), Manganese: 1.01mg (50.66%), Copper: 0.64mg (32.15%), Vitamin K: 30.22µg (28.78%), Selenium: 19.68µg (28.12%), Phosphorus: 247.78mg (24.78%), Fiber: 6.12g (24.49%), Zinc: 3.1mg (20.66%), Iron: 3.45mg (19.19%), Magnesium: 75.68mg (18.92%), Vitamin B6: 0.36mg (18.22%), Vitamin B2: 0.26mg (15.47%), Vitamin B3: 2.55mg (12.73%), Calcium: 120.64mg (12.06%), Potassium: 364.78mg (10.42%), Vitamin B1: 0.15mg (9.92%), Folate: 26.83µg (6.71%), Vitamin D: 1µg (6.66%), Vitamin B12: 0.32µg (5.27%), Vitamin B5: 0.44mg (4.41%), Vitamin A: 104.39IU (2.09%), Vitamin E: 0.15mg (1.01%)