Misoyaki Butterfish

Level: Easy   Prep Time: 15 minutes   Soaking Time: 2 to 3 days
Serves: 4   Cook Time: 20 minutes

4 fresh cod steaks or fillets (see Notes below)
Half a lemon

Marinade:
2/3 cup white miso (soybean paste)
2 Tbsp. white granulated sugar
2 Tbsp. shoyu (soy sauce)
2 Tbsp. sake
1 Tbsp. Japanese vinegar
1 clove garlic, finely grated
1-inch piece of fresh ginger, peeled and smashed

Squeeze the lemon half and rub both sides of the cod steaks with it, making sure the lemon juice coats the fish. Place steaks side by side in one layer in a <u>glass</u> container that has an airtight lid (see Notes). Set aside. Combine and mix the marinade ingredients. Pour the marinade over the cod steaks, ensuring every piece of fish is submerged in the sauce. Marinate 2 to 3 days in the refrigerator, mixing the marinade and gently flipping the pieces of fish every day (remember to always keep fish submerged in the sauce). When ready to cook, scrape off miso marinade from the fish. Place on a foil-lined baking sheet or pan and broil until the tops are golden brown, then flip steaks over. Continue broiling until the top edges of the fish skin slightly bubbles and the top flesh becomes "caramelized", but do not char the fish. Watch closely near the end of broiling as the fish can burn quickly. Serve immediately with hot rice. Be careful of fish bones when eating.

Notes:
- Cod steaks contain more fish bones than cod fillets. They are also usually cut into thicker pieces, therefore, if using cod fillets, marinate and cook for a shorter time than the cod steaks.
- You may also marinate the fish in a re-sealable plastic bag (i.e Ziploc®). After adding the fish and marinade to the bag, remove all the excess air and refrigerate. I do not recommend using an aluminum (or other type of reactive metal) container to soak the fish. It will give the fish an off-taste.
- Soak the fish in the refrigerator for no longer than 4 days. For the best flavor, I would recommend soaking for 2 to 3 days before broiling.
- Brands of miso and Japanese vinegar I used: