

SAKE MARINATED SEA BASS - Contributed by Bobbie Altman 12/28/02

INGREDIENTS:

3/4 Cup - White miso (comes in a cottage cheese type tub)
1/2 Cup - Mirin Sake (sweet type, find in any Asian market or Oriental Section of your supermarket)
1 pound thick Sea Bass cut into serving portions (you can use halibut, salmon or ling cod, also)
2 Carrots
1 Bunch Scallions
1 Small Fennel Bulb (optional if you don't care for Fennel)
2 Stalks Celery
1/3-1/2 CUP - Fresh fish stock or chicken broth (you can also use veggie broth)
Salt to taste

INSTRUCTIONS:

Mix together Miso and Mirin Sake in a medium size bowl until well blended. Submerge the fish pieces in the sauce, turning well to coat. Cover and let marinate overnight in the fridge. (Fish may be marinated as little as 4 hours or as long as 2 days)

Julienne the veggies and blanch briefly in boiling water; drain and dunk into ice water; drain again. (Veggies may be prepared in advance and refrigerated.)

Preheat oven to 400 degrees.

Remove fish from the bowl and wipe off most of the marinade.

Pour stock into a glass baking dish - just enough so the fish won't stick to the bottom. Place the fish in the dish and arrange the veggies around it. Season the veggies with salt to taste.

Bake for 10-15 minutes (I found that thick pieces take at least 20+ minutes) The fish should flake with a fork when it is done.

Serves 4 (small eaters!!)

NOTES:
