

Miele

Blackened fish with pickled shiitake

By Miele

30 minutes, plus marinating time

Preparation time

15 minutes

Cooking time

4 serves

Serves



INGREDIENTS

Miso marinated fish

60 ml (¼ cup) cooking sake
60 ml (¼ cup) mirin
80 g (? cup) white miso paste
2 tbsp caster sugar
4 x 150g firm fish portions, such as Kingfish, Toothfish, Cobia, Barramundi or Salmon.

Pickled shiitake mushrooms

185 ml (¾ cup) soy sauce
185 ml (¾ cup) rice vinegar
75 g (? cup) caster sugar
4 cm piece ginger (20 g), skin on, thinly sliced
2 star anise
2 strips orange peel
3 cups fresh shiitake mushrooms

To serve

Japanese salad leaves eg. tatsoi, shiso
Steamed rice
Wasabi paste, optional

METHOD

Miso marinated fish

1. In a saucepan, Induction setting 8, bring sake and mirin to the boil for 20 seconds. Remove from heat. Add the miso and sugar and whisk to combine. Allow to cool to room temperature.
2. Place the fish and the marinade into a small vacuum bag. Place into the Vacuum Sealing Drawer and Vacuum on setting 3 and Seal on setting 3. Alternatively, place the fish in a non-reactive bowl and cover with the marinade. Marinate for 24 hours in the fridge.

Pickled mushrooms

1. Combine the pickling liquor ingredients into a saucepan and bring to a simmer on Induction setting 3. Stir occasionally, until the sugar has dissolved.
2. Add the rehydrated mushrooms and simmer for a further 2 minutes. Remove from the heat, discard the star anise, ginger and orange peel and transfer to sterilised jars. Once cool, place jars into the fridge.

Fish

1. Preheat the combi steam Pro oven on Full Grill setting 3..
2. Remove the fish and discard the marinade. Place onto a grilling and roasting insert in a universal tray.
3. Place the fish on a damp piece of baking paper. This will prevent the fish from sticking to the tray.
4. Place into the oven, shelf position 3. Select: Combi Mode: Full Grill Level 3 + 80% moisture. Cook for 4 minutes or until cooked through.

To serve

1. Once cooked remove fish from the oven, serve with pickled mushrooms, salad leaves, rice and wasabi, id desired.

Hints and tips

- Kingfish can be substituted with any oily white fish such as Toothfish, Cobia, Barramundi or Salmon.
- Cooking time may vary from 4-7 minutes depending on the thickness of fillets.
- Pickled mushroom will keep for up to 1 month in the Refrigerator.
- Dried mushrooms can also be used for the pickled shiitake. Place 1 cup of the dried shittkae mushrooms in a large bowl and cover with boiling water. Leave to rehydrate for 30 minutes. Strain and remove stems, reserving one cup of soaking liquid. Continue with recipe once hydrated.
- Vegetarian option – marinate firm tofu in the same method in place of the fish.