

Broiled Sablefish with Sweet Ginger & Soy Glaze

Ingredients:

- 1 lb black cod or Sable Fillet
- 1/2 cup chopped Green Onion
- 1 Tbsp Sesame Seeds

Ginger Soy Marinade Ingredients:

- 1 cup of Soy Sauce
- 3/4 cup of Mirin (Japanese cooking wine)
- 1 Tbsp fresh shredded Ginger
- 1 1/2 tsp chopped Garlic
- 1 1/2 Tbsp Sesame Oil
- 4 Tbsp Brown Sugar

Directions:

Cut Sablefish fillets into 5 to 8oz portions. Marinate portions in sauce in a ziplock bag for at least 30 minutes (or longer, depending on personal taste). Turn bag over several times for maximum coverage. Spray baking pan or sheet with non-stick cooking spray. Lay out portions and bake in a preheated oven at 450 degrees for about 12-14 minutes or until meat almost pulls apart. Remove fish from oven, switch oven to broil, and garnish fish with chopped green onions and sesame seeds. Return pan to the middle rack of oven, broil for another 2-4 minutes until top is brown and slightly crispy. Serve with rice and your favorite vegetable.