

Seared Black Cod with Sake-Wasabi sauce

Fish code 55030

Serves 2

A very stylish meal and great for entertaining as you can prepare the sauce well ahead. If you are struggling to locate some of the ingredients you can substitute dry sherry for sake, and horseradish for wasabi paste.

2 black cod steaks
2 tsp. soy sauce
1 tbsp sake
1 tbsp lime juice
2 tbsp honey
1 tsp wasabi paste
1 tsp sesame oil

To serve:
2 spring onions, sliced
boiled rice

1 To make the sauce, mix the soy sauce, sake, lime juice, honey and wasabi paste together in a small bowl. Whisk until the wasabi is completely dissolved. This can be done a day in advance and refrigerated.

2 When ready to start cooking, place the sake sauce in a small sauce pan and heat over low heat. Do not allow the sauce to boil.

3 Meanwhile, rinse the black cod steaks and pat dry. Heat the sesame oil in a large non-stick pan until very hot. Add the fish then turn the heat down to medium and cook until well seared on both sides.

To serve: spoon about 4 tablespoons of the heated sauce onto each warmed plate. Place a serving of rice in a mound on top of the sauce, then place the black cod on top. Garnish with chopped spring onions and serve immediately.

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