

## Miso cod, raw vegetable salad

This dish is light and simple but full of flavour has a distinct taste of salty sweet notes from the marinade, the raw vegetables bring a great texture and freshness to the dish

Note: the fish for this recipe should be prepared 2 or 3 days prior to cooking the dish.

### Serves 4

Equipment 2 x glass or plastic bowl, chopping board, knife and small sauce pan

### For the cod

10ml sake

30ml mirin

45g white miso paste

15g sugar

4 x 230g cod fillet, scaled and pin boned

1. Bring the sake and the mirin to a boil in a medium saucepan over high heat. Boil for 10 seconds to evaporate the alcohol.
2. Turn the heat down to low and add the miso paste, mixing with a wooden spoon. When the miso has dissolved completely, turn the heat up to high again and add the sugar, stirring constantly with the wooden spoon to ensure that the bottom of the pan doesn't burn. Remove from the heat once the sugar is fully dissolved. Cool to room temperature.
3. Pat the cod fillets dry with paper towel. Cover the fish all over with the miso mix and place in glass or plastic bowl and cover tightly with cling film. Leave to sit in the refrigerator

for 2 to 3 days.

4. Preheat an oven at 180 °C. Lightly wipe off any excess miso left on the cod but don't rinse it off. Place the fish on a tray with greaseproof on, cook until the surface of the fish turns brown. This will take about 20 - 30 mins.

#### For the salad

½ cucumber

2 carrots – peeled

4 spring onions

4 garden radishes

1 clove of garlic - thinly sliced

3 tbsp soy sauce

1 red chilli - de seeded

25g pickled sushi ginger – finely chopped

15ml sushi ginger liquid (this will be found in the packet of pickled sushi ginger)

5g coriander - chopped

1. Slice the carrot, spring onions and radish as thin as possible, cut the cucumber in half and scrap out the seeds, slice the cucumber into thin slices they should look like ½ moons.

2. Place the cut vegetables into a bowl and mix in the soy sauce and sushi ginger juice.

3. Sprinkle with sliced red chilli (if you want it to be more spicy leave in the seeds), sushi ginger and garlic.

4. Mix well and leave for 5 minutes to marinade and start to take on the flavour

5. Serve by placing in the vegetable mix in 4 serving bowls, place the fish on top and sprinkle with chopped coriander.

