

Chilean Seabass with Ginger, Thyme and Yuzu Miso



- 150 g Chilean seabass portion
- 350 g shiro miso
- 60 g sake
- 60 g sugar
- 45 g mirin
- 45 g ginger, grated.
- 20 g thyme leaves
- 3 garlic cloves, roasted
- 30 ml yuzu juice (no salt)
- 5 g kombu, powdered

Miso

Blend together the miso, sake, sugar and mirin. Cook in a pan over a medium heat for about 15 minutes, stirring vigorously until the alcohol has been cooked out and the sugar has been incorporated into the miso.

Let the miso cool.

Blend the ginger, thyme and garlic with a few tablespoons of the miso until it becomes a smooth puree. Add the rest of the miso then the yuzu juice and the powdered kombu.

Chilean seabass

Spread 30 g of the aromatic miso on the Chilean seabass. Marinate in the refrigerator for at least 8 hours, but no more than 24 hours.

Cook in a 190°C oven for 10 minutes. Check with a cake tester, making sure there is no resistance.

Serve on a plate with a few simply cooked vegetables that are in season.



Chilean seabass is at the core of our business. This fish represents wild caught fish at its best, coming from the most pristine environments and this is what Mark Foods strives to deliver.



Chilean seabass was once the pariah of the seafood industry, but is now a model fishery for sustainability safeguarded by the members of COLTO. That takes commitment, and Mark Foods is proud to have been part of this journey with our suppliers.

Our suppliers brave the dangerous waters of the southern oceans to catch and process the fish with care. And the consumer is able to eat this fish purveyed at the best restaurants and retailers in the world, who care about serving high quality, sustainable seafood. We are grateful to be part of that chain.

Chilean seabass is amazingly versatile and of a consistently high quality, which has let us create many different dishes that have become customer favorites.

- Matt Hoyle, Executive Chef, Nobu 57, New York City, USA

