

# Sawara (Japanese Spanish Mackerel) Saikyo Yaki



## <Ingredients (3 people)>

- 3 fillets Japanese Spanish Mackerel\*
- 3 Tbsp White Miso
- 6 Tbsp Sake
- 3 Tbsp Sugar

\*you can alternatively use other white fish, chicken and pork



## <Method>

### 1. Make marinade

Clean the fish removing any blood with running water and wipe excess water off with kitchen paper.

Mix the white Miso, Sake and sugar in a flat tray well. Marinate the fish for 1-2 hours in a

fridge.\*\*

\*\*\*)you can marinate for over night, longer marinating creates deeper Umami

## **2. Fry or Grill**

Place the fillets on a non-stick frying pan and fry on low heat\*\*\*. Make sure, the Miso paste is easily burnt so keep on low heat with cover. Also Sawara's flesh is very breakable, so when you turn over the fillet, you would need extra care. Once the fish is nice golden coloured, remove from the heat.

If you don't have a non-stick frying pan, you can alternatively use oven. Preheat the oven on 200C and remove the Miso paste from the fillet using kitchen paper. Place the fillet on an oven parchment paper and grill for 15 minutes.

\*\*\*)In the case of using a frying pan, you don't need to remove Miso paste if you like.

## **3. Serve**

Serve with grated Daikon alongside.