

Broiled Sablefish with Sweet Ginger & Soy Glaze

a recipe from **J & R Fisheries**

For quick preparation use "East-West" brand Sweet Ginger Terriyaki Marinade & Dipping Sauce. Any store-bought marinade containing ginger, soy, and sesame flavor works. Experiment if you wish, or use the recipe below.

Ginger Soy Marinade

1 cup of soy sauce

3/4 cup of Mirin (Sweet Cooking Rice Wine)

1T. (heaping) fresh shredded Ginger

1 1/2 tsp. chopped garlic

1 1/2 T. Sesame Oil

4T. Brown Sugar

Marinate Sablefish 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.