

Miso Glazed Fish

If you like the umami flavor of miso you will definitely enjoy this simple and easy recipe for this Asian inspired miso salmon.



I love miso, its saltiness with an added touch of sweet to it...it is just a nice symphony to your palate, creating umami flavor. Miso is very versatile and can be used in salad dressing, dips, base for soup and marinating chicken, beef, fish...you name it...even sweet dishes...which I will share with you in the future.

This is a very simple and flavorful recipe for an everyday dinner or a lazy weekend meal. I especially like this simple miso glazed with salmon, but my husband refuses to eat salmon, therefore I used tilapia as well, but feel free to use any fish.

Ingredients:

- 1 $\frac{1}{2}$ tablespoon miso (red)
- 1 tablespoon cooking wine
- 1 $\frac{1}{2}$ tablespoons sugar
- 2 tablespoon water
- 1 pinch red chili pepper
- $\frac{1}{2}$ teaspoon grated ginger
- 2 pieces of fish (salmon and tilapia)
- 1 teaspoon white sesame
- Cilantro, chopped for garnish



Method:

Mix the miso, cooking wine and water until a smooth paste. Add sugar, ginger and chilli to the miso mix. Coat the fish with miso sauce. Let it marinate in the fridge for a couple of hours or overnight.

Line a baking pan with aluminum foil. Lightly brush the foil with vegetable oil and gently place the fish on it. Broil the fish for 10 to 12 minutes until it's just cooked (opaque) depending on how thick is the fish and a golden brown crust

has formed.

In the meantime, place the sesame seeds on a fry pan on a low heat and pan roast them by stirring constantly. Remove when the seed are slightly brown.

Remove the fish from the oven, transfer to a serving plate, sprinkle the sesame seeds and the freshly chopped cilantro.

Serve hot with veggies and rice.





If you enjoy this simple recipe using miso, you might want to check on [Miso Caramel Sauce](#) or [Miso Glazed Delicata Squash](#) recipes.



Did you know that miso is a paste from fermented soybean? Miso has been essential in Chinese and Japanese diets for more than 2500 years. Because miso is a fermented product, it is rich in enzymes which might help digestion. The color of miso can vary from light yellow to a deep dark brown and the flavor from slightly sweet to hearty flavor.

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