

# Sous Vide Miso Tilapia

*This is an Asian inspired recipe using sous vide to cook tilapia. The fish is cooked with miso paste and then quickly pan fried.*



This is my second experiment cooking sous vide, and this time I cooked tilapia. This is such a nice and easy way to cook fish. The filet turned moist, flaky and so tasty, lots of

umami. I always like cooking fish with miso, and in order to have enough flavor you need to marinate the fish in miso for some time. Therefore this method makes it very easy since there is no need to plan in advance.

My husband loves white fish, he claims that they are less “fishy”...so I usually cook white fish for him and salmon for myself, but not this time as I went for the tilapia as well...

I usually buy tilapia at Costco, they are easy to handle since they come individually packed.

I like to serve miso tilapia with steamed rice.

By the way, today is Chinese New Year...



for the ones that celebrate!

Okay, now back to the recipe...

***Ingredients:***

- 2 tilapia filets
- 1 teaspoon finely grated ginger
- 3 to 4 tablespoons white miso, low sodium
- 1 teaspoon sugar
- $\frac{1}{2}$  tablespoon cooking wine
- 1 teaspoon vegetable oil such as canola, or corn
- $\frac{1}{2}$  tablespoon butter
- White sesame seed for garnish



***Method:***

Preheat water oven to 56°C. I set my Anova Precision Cooker in a stainless steel container.

In a small bowl mix together ginger, miso, sugar, cooking wine and oil.

Rinse the tilapia filet and pat them dry with paper towels. Place the filet of tilapia into a 1 gallon freezer quality plastic bag and cover both sides of the filet with the miso

paste.

To create a vacuum in the bag, carefully place the bag with fish filet into the water-bath, make sure to immerse the bag until near the seal, this will create a vacuum, then seal the bag. I usually seal the bag leaving approximately 1 inch open and then immerse the bag until near the seal and finish by sealing the remaining 1 inch.

Cook for 20 minutes. Once the cooking time is off, remove the fish filet carefully from the bag as they break easily. Discard the liquid.

Heat a cast iron skillet with butter, sear both sides of the filet in high heat, keep your eyes on it, it can burn easily due to the miso paste and sugar. Once seared, remove from the heat, sprinkle some sesame seed on it and serve.



If you enjoy this simple recipe for miso tilapia, you might want to check Miso Marinated Scallops or Grilled Marinated Miso Chicken.



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.

This coming Sunday is Valentine's Day...sorry for not posting any Valentine's Day like recipe...nevertheless...



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a colorful week!***