

# MISO-MIRIN GLAZED HALIBUT

## INGREDIENTS

- 1 cup mirin
  - 1/2 cup sake
  - 2/3 cup white miso paste
  - 1/4 cup sugar
  - 1/2 tsp. kosher salt
  - Eight 6-ounce skinless halibut fillets, about 1-inch thick, pin bones removed
  - Canola oil
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## PREPARATION

**Prep/Cook time:** 15 minutes

**Difficulty:** Easy

**Serves:** 8

Preheat oven to 400°F.

**Miso-Mirin Glaze:** In a small saucepan, bring the mirin and sake to a boil. Whisk in the miso until dissolved. Add sugar and salt and cook over moderate heat, whisking, just until dissolved. Transfer the marinade to a large baking dish and let cool. Add the fish and turn to coat. Let sit for 5 minutes (can sit in marinade for up to 2 hours).

**Sear-Roast:** Heat a sauté pan and add a small film of canola oil. Scrape the marinade off the fish and reserve marinade. Pat fish dry with a paper towel. Sear the fish and cook over high heat until browned, about 2 minutes. Flip the fish onto a heavy rimmed sheet pan with browned side up and roast for about 8 minutes, until flaky.

**Sauce:** While the fish is cooking, reduce reserved marinade for 2 minutes. Do not over reduce or it will get thin and grainy.

**Serve:** Serve fish with a small spoonful of sauce.

### **For kids:**

- Omit the sake.

### **For leftovers made with the rub/marinade:**

- Make fish tacos using leftover halibut.

### **Simple substitutions:**

- Substitute soy sauce for miso.
- To make homemade mirin, add 2 tablespoons of sugar to 1 cup of sake. The marinade is also delicious with chicken, salmon, shrimp or beef.

Recipe created by Parties That Cook® [www.PartiesThatCook.com](http://www.PartiesThatCook.com)

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