

FISH ‘YUZU-MISO-YAKI’: GRILLED FISH WITH CITRUS-INFUSED MISO SAUCE

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A popular way to use ‘yuzu-miso’—i.e. sweetened miso paste infused with the juice and rind of the Japanese citrus yuzu (*Citrus junos*)—is with grilled white-fleshed fish. The umami of the miso and the freshness of citrus combine extremely well with the delicate flavour of white-fleshed fish, while suppressing any not-so-pleasant smells that the fish may have, particularly with oily blue-skinned fish types. The yuzu-miso can be brushed on the fish after cooking, or during cooking—gentle baking of the miso tends to result in a richer flavour.

As mentioned in my recipe for yuzu-miso, you can use lemon or lime instead of yuzu to get around the difficulty in sourcing yuzu outside of Japan. Any white- to pink-fleshed fish with a mild flavour can be used—e.g. bream, snapper, trevally, whiting, ling, albacore tuna, swordfish, sunfish—and the sauce also goes well with grilled squid.

INGREDIENTS

- White-fleshed fish fillets or portions (with or without skin) 4 portions
- Mirin (or sweet wine, sweet sherry) 1 level tablespoon
- Japanese sake (or vodka, semi-sweet white wine, or medium sherry) 1 level tablespoon
- Yuzu-miso paste (see separate recipe) 1 to 2 level tablespoons or to taste
- OPTIONAL: Yuzu (or lemon/lime) juice 1 level tablespoon or to taste

INSTRUCTIONS

1. Wash the fish fillets or portions briefly under cold water and pat dry with a paper towel. If required, cut to size for grilling. Combine the mirin and sake (or their substitutes) in a bowl and marinate the fish in the refrigerator for at least an hour.
2. Remove the fish from the marinade. If your fish is skinless, you may wish to lightly oil the fillets/portions to prevent drying out. Grill the fish on both sides until just starting to brown [If you do not have access to a grill, improvise by lining a frying pan with a sheet of aluminium foil or baking paper, placing the fish on the sheet, and slowly baking over the stove on low to medium heat].



3. Baste one side of the fish fillet/portion with yuzu-miso. Continue grilling until the yuzu-miso paste is starting to darken slightly—take care not to burn the paste, which can happen quickly due to its sugar content. Remove from the heat, optionally sprinkle lightly with yuzu, lemon or lime juice, and garnish according to your style. Serve with vegetable accompaniments as part of your meal menu.

