

Grilled Cod Recipe

(Korean Recipes)

Ingredients: Serves 4-6

600g fresh cod, or other white fish fillets,
cut into 4 pieces

Lemon slices, to serve

Marinade:

½ cup water

1 tablespoon rice wine or sake

3 tablespoons soy sauce

1 tablespoon sugar or corn syrup

2 teaspoons lime or lemon juice

½ teaspoon sesame oil

Method:

Prepare the marinade by mixing all the ingredients together. Pour it over the fish fillets, coating them well. Leave to marinate for 5 minutes. Pour the Marinade into a small saucepan and simmer, stirring constantly until it forms a light syrupy sauce. Keep warm. Grill the fish under a hot grill for 3 to 4 minutes on each side, or until cooked. The grilling time may be longer, depending on the thickness of the fish. Transfer to a serving dish and spoon a little hot Marinade over the fish. Serve with the lemon slices.

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