

Mackerel Miso Japanese Recipe

Ingredients:

½ fillet mackerel (approximately 300 g)
½ naganegi (Japanese bunching onion)
1 clove ginger
2 tablespoons hatcho-miso (dark and salty miso)

Simmering stock:

½ cup dashi stock
2 tablespoons sake
2 tablespoons sugar
2 tablespoons mirin
1 tablespoon soy sauce

Method:

Cut mackerel into 3 fillets and place them on a cutting board with the skin side down and cut the fillet diagonally into 4-6 pieces. Leave aside. Grill naganegi over low fire until browned in places. Then cut into 1¼-inch or 3-cm lengths. Cut the ginger into thin slices. Set aside. Bring the dashi stock to a boil over high heat. Add seasonings and ginger. Place the fish with skin side up. Cover with an aluminum drop-lid and cook over medium heat for 2-3 minutes. After the fish is well seasoned, add the mirin and soy sauce. Cover with an aluminum lid again and continue cooking for another 2-3 minutes. Turn off the heat. Dissolve the miso in simmering stock. Cook again over medium heat. The miso makes the fish liable to scorch, so shake the pan while cooking for 1-2 minutes until the liquid is reduced. To serve, arrange the fish on a plate. Dip the naganegi in the simmering stock and place in front. Pour the stock over.

Note:

Ginger is added to reduce fishing odor and miso is added last to preserve its aroma.