

Miso-glazed Sea Bass

Prepared by
Michelin Star chef **MARC FOSH**

SERVES 6

1 cup white miso paste

⅔ cup palm sugar,
coarsely chopped

½ cup dry sake

¼ cup mirin

Fresh mint

6 centre-cut sea bass

fillets, 8 ounces each,
boned and trimmed

6 large lime wedges

This dish that we serve in Red Ginger is one of my all-time favourites – miso-glazed sea bass – and from the reactions we see when bringing it out of the galley to your table, I know it is many of yours too. That's why we've decided to share this miso-glazed sea bass recipe with you as a reminder that you can enjoy a taste of our fine dining at sea at home with your family.

Our miso-glazed sea bass recipe is simple and uncomplicated yet gourmet. The sweet and savoury glaze is flavourful and perfectly complemented by lime but the flavours are not overdone. The fish is always moist with an incredible texture...it's simply delicious.

1. In the top pan of a double boiler, combine the miso paste, palm sugar, sake and mirin, and place over simmering water in the lower pan. As the mixture heats, whisk until the sugar and miso melt and the mixture is smooth. Do not allow the mixture to boil. Remove from the heat and let cool completely.
2. Place the fish in a large air-tight plastic bag, pour in the marinade, press out any excess air, and seal the bag. Make sure the marinade is evenly distributed over the fillets. Refrigerate for 1 to 2 hours.
3. Remove the fish from the refrigerator for about 60 minutes before cooking and preheat the oven to 400° F.
4. Arrange the fish fillets in a single layer in a baking dish, leaving space between the fillets. Pour in enough of the marinade to reach one-fourth of the way up the sides of the fillets.
5. Place the fish in the oven and bake until the fish is cooked and the sauce caramelizes. Serve with lime wedges. This fish pairs perfectly with a coconut or jasmine rice.

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