

## KINGFISH IN WHITE MISO

**SERVES:** 2 as a main

[www.cleanseas.com.au/recipes](http://www.cleanseas.com.au/recipes)

### INGREDIENTS

- 2 South Australian Yellowtail Kingfish skinless portions (approx. 150g each)
- 1 small eggplant
- 1 tbsp butter

### **Marinade**

- ½ cup white miso paste
- ½ cup mirin
- ½ cup sake
- ½ cup sugar
- ¼ cup soy



### METHOD

1. Preheat oven to 200°C.
2. Mix the marinade ingredients in a bowl or container.
3. Place the skinless South Australian Yellowtail Kingfish portions in the marinade, cover the bowl or container and refrigerate for 24-48 hours.
4. Heat an oven-proof frying pan over medium heat on the stove and add a little oil.
5. Cut the eggplant in half and slice the flesh with criss-cross lines until you reach the skin, careful not to cut through the bottom.
6. Place the South Australian Yellowtail Kingfish and the eggplant (flesh side down), in the frying pan. When coloured (approximately 3 mins), turn over the Kingfish and eggplant & immediately remove from the stove.
7. Apply some of the Kingfish marinade that is in the pan & cover the eggplant. Place in the oven for around 8 minutes. Be careful not to overcook the Kingfish. If you have a temperature probe you are looking for an internal temperature of around 44°C.
8. Place the South Australian Yellowtail Kingfish & eggplant on a plate. Stir in the butter to the leftover marinade in the pan. Add as much of the marinade to the top of the Kingfish as you would like.
9. Optional to garnish with some fried enoki mushrooms & chives.