

BLACK COD WITH SHISO-CUCUMBER SALAD AND CARROT VINAIGRETTE

Chef Jerry Traunfeld



Black Cod

Ingredients:

Serves: 6

2 pounds black cod fillet
2 tablespoons soy sauce
1 tablespoon sugar

Shiso-Cucumber Salad

Ingredients:

3 tablespoons seasoned rice wine vinegar
1 tablespoon fresh lemon juice
2 teaspoons finely chopped ginger
1 teaspoon finely chopped serrano chile
¼ cup finely chopped red onion
1½ tablespoons chopped shiso (or substitute 2 tablespoons chopped mint or cilantro)
1 medium-sized thin-skinned cucumber, preferably seedless

Carrot Vinaigrette

Ingredients:

¾ cup carrot juice
2 tablespoons chopped shallot
1 teaspoon chopped ginger
1½ tablespoons fresh lemon juice
¼ teaspoon kosher salt
¼ cup peanut or other high-quality vegetable oil
2 shiso leaves, sliced in very thin strips (chiffonade)

Method:

Marinating the fish. Cut the cod in 6 pieces of equal weight and toss them with the soy sauce and sugar in a mixing bowl or resealable plastic bag. Allow the fish to marinate in the refrigerator for about 2 hours.

Cucumber Salad. Stir together the rice wine vinegar, lemon juice, ginger, chile, red onion and shiso. Let the dressing sit for 30 minutes to mellow the onion and meld the flavors. Slice the cucumber in half lengthwise, scoop out the seeds with a teaspoon if using a seeded cucumber, and cut in thin half moon shaped slices. Toss the cucumber with the dressing.

Carrot Vinaigrette. Combine the carrot juice, shallot, ginger, lemon juice, and salt in a small saucepan over medium high heat and cook until the liquid boils down to about one-third of the amount you started with. Cool. Pour the carrot reduction into a blender and, with the motor running, slowly pour in the oil.

Baking the Fish. Preheat the oven to 325 degrees. Lift the pieces of fish from the marinade and lay them out on baking sheet. Bake for 12 to 14 minutes, or until a small amount of liquid collects at the bottom of the fillets and the fish flakes easily when nudged with your finger.

Assembling. Put small mounds of the cucumber salad on each of 6 rectangular serving plates. Prop a fish fillet on each. Drizzle about a tablespoon of the vinaigrette along side the fish. Sprinkle with the thin strips of shiso.

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