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Full of the clean, sharp, savoury flavours of miso, kombu, rice wine and tamari, this is a classic Asian cod dish perfectly suited to Aquna Murray Cod, that has a real elegance to its execution, with the pickling liquor used for both the cucumber and the cabbage, and the fish marinade becoming the base for the dressing for the noodles.

Heston Blumenthal.



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MISO MARINATED BLACK COD

Recipe by Heston Blumenthal



INGREDIENTS

TO MARINATE THE MURRAY COD

70g sake
70g Shaoxing (rice wine)
50g white miso paste
3 Tbsp golden caster sugar
4 Aquana Murray Cod fillets, skinless and deboned (approximately 130g each)

FOR THE PICKLED VEGETABLES

200g white caster sugar
400g white wine vinegar
1 cucumber
½ red cabbage

FOR THE NOODLES

salt
120g Pho Mai rice noodles
5g dried kombu seaweed
2 carrots, peeled and trimmed matchstick-size
2 shallots, peeled and finely sliced lengthways
reserved pickled vegetables
4g chives

FOR THE HONEY MUSTARD GLAZE

150g honey
100g wholegrain mustard
3g sea salt flakes

TO FINISH

reserved marinating cod fillets
vegetable oil
reserved honey mustard glaze
1 Tbsp maple syrup
1 Tbsp toasted sesame oil
zest of 1 lime, finely grated
4 tsp rice vinegar
4 Tbsp tamari
salt and freshly ground black pepper
50g cashew nuts, roughly chopped
reserved dressed noodles

METHOD

Make a marinade by placing the sake and rice wine into a pan and bringing to a boil. Boil for 30 seconds to cook out the alcohol and reduce to moderate heat. Whisk in the miso paste, followed by the sugar, whisking continuously to avoid the sugar burning. Cook for 2 minutes then remove the pan from the heat. Set aside to cool completely.

Pat the cod fillets dry using kitchen paper and place them in a bowl. Pour the marinade over the fillets to cover completely. Cover tightly with cling film. Leave to marinate in the fridge for at least 24 hours.

For the pickled vegetables, place the sugar and white wine vinegar into a pan along with 300g water and bring to the boil. Whisk well until the sugar dissolves. Remove from the heat and allow to cool. Use a vegetable peeler to slice the cucumber lengthways into thin ribbons and set aside in a bowl. Pour the cooled pickling liquid over the cucumber and leave for 2-3 hours. Drain and set aside, but do not discard the pickling liquid. In the meantime, shred the cabbage using a Japanese mandolin and place in a bowl. Pour the reserved drained pickling liquid over the cabbage and leave to pickle in the fridge overnight.

For the noodles, bring a pan of salted water to the boil and cook the noodles for 2 minutes. Rinse under cold, running water and drain well. Set aside. In the meantime, rehydrate the Kombu by placing it in a bowl with boiling hot water. Rehydrate for 10 minutes before draining on a tray lined with kitchen paper, slice into thin strips. Add the kombu, carrots, shallots and pickled vegetables to the noodles. Finely chop and stir through the chives. Toss well to combine. Set aside.

For the honey mustard glaze, simply combine all the ingredients together. Cover and set aside.

To finish, preheat the oven to 200°C. Lightly coat the base of an oven proof, non-stick pan with a little vegetable oil and place on the stove over high heat. Remove the Murray cod fillets from the marinade and allow excess to run off. Do not discard the marinade. Cook the Murray cod fillets in the hot pan for approx. 3 minutes until they blacken. Drizzle the honey mustard glaze over the fillets and move the pan from the stove top into the preheated oven. Cook for 5 minutes or until the Murray cod flakes easily.

In the meantime, make the dressing by bringing the reserved marinade to a simmer for 1 minute in a small pan. Remove from the heat and allow to cool a little before whisking in the maple syrup, toasted sesame oil, lime zest, rice vinegar and tamari. Add two tablespoons cold water and adjust the seasoning with salt and freshly ground black pepper.

Lightly roast the chopped cashew nuts in a hot, dry pan until golden.

Pour the dressing over the noodles and add the nuts. Toss well to evenly coat and serve with the Murray cod alongside.