



Tojo's Marinated Sablefish

HIDEKAZU TOJO, Tojo's Restaurant, Vancouver

SABLEFISH Alaska, British Columbia: *Best choice;*
California, Oregon, Washington: *Some concerns*

In a small bowl, combine soy sauce, mirin (or sake or white wine), sugar, and ginger until well mixed. Pour the marinade into a large, clean food-grade plastic bag (or a plastic container, with a lid, that is just large enough to hold the fish). Add sablefish fillets, pushing them into the marinade. Squeeze out as much air as possible and seal the bag tightly with an elastic band, close to the fish (or put the lid on the plastic container). Refrigerate overnight or for up to 2 days.

Preheat the oven to 450°F. Lightly grease a baking sheet. Pat dry the sablefish fillets, then place them on the baking sheet. Discard the marinade. Bake the fillets until the fish is cooked through and flakes easily, 10 to 12 minutes.

While the fish is cooking, heat the olive oil in a frying pan on high heat. Add spinach and garlic and stir until the greens are wilted. Remove from the heat and season with salt and pepper.

TO SERVE Divide the spinach among four warmed plates. Top with a sablefish fillet and serve immediately.

Serves 4 as a first course

1/3 cup dark soy sauce
1/4 cup mirin or sake or white wine
1 Tbsp granulated sugar
2 tsp ground ginger
4 skinless sablefish fillets (each 3 oz)
2 tsp olive oil
1 bunch spinach, washed and tough stems removed, if necessary
1 tsp grated garlic