



fresh produce



QUALITY SEAFOOD

• seafood •



gourmet



# Baked & Torched Miso Chilean Cod with Charred Corn

Serves: 2

## Ingredients

### Baked & Torched Cod

- 250g Chilean cod cube
- Miso glaze
- Olive oil
- Salt
- Sesame seeds

### Miso Glaze

- 100g miso paste
- 200g mirin
- 150ml water
- 50g sugar
- 20ml lime juice

### Charred Corn

- 1 pc corn on cob
- 50g five spice mix
- 1 pc lime zest

### Five Spice Mix

- 10g five spice powder
- 150g sugar
- 20g salt
- 5g white pepper

### Garnish

- Spring onion, sliced

## Description

### Baked & Torched Cod

1. Preheat oven to 160°C.
2. Mix the cod cubes with olive oil and salt.
3. Place on a baking tray lined with parchment paper.
4. Bake for 10 minutes.
5. While hot, brush the cod with miso glaze and torch with a blowtorch.
6. Sprinkle sesame seeds.

### Charred Corn

1. Cut the corn to desired size.
2. Boil the corn until cooked, then sauté in a pan until slightly charred.
3. Sprinkle five spice mix and mix well.
4. Torch the corn and grate lime zest on top.

### Miso Glaze

1. Mix all ingredients together.
2. Leave it aside until ready to use.

### Five Spice Mix

1. Mix all ingredients together.
2. Leave it aside until ready to use.

### Finishing

1. Plate the cod and corn together and sprinkle more sesame seeds on top.
2. Garnish with sliced spring onions.