

Soy Butter Cod with Snow Peas タラの醤油バター蒸し

Serves: 2 | Pan: 24–26 cm skillet with lid | Total time: ~15 minutes

Ingredients

Main:

- 2 cod fillets (120–150 g each) (タラ)

Seasoning:

- ⅓ tsp salt + pinch MSG (塩+MSG)
- ¼ tsp black pepper

Sauce:

- 25 g butter (バター)
- 1½ T / 22 ml low-sodium soy sauce (醤油)
- 1 T / 15 ml rice vinegar (米酢)
- 10–15 g ginger, sliced (生姜)

Vegetables:

- 120–150 g snap peas (スナップエンドウ)

Thickening:

- 1 tsp cornstarch + 2 tsp water (コーンスターチ+水)

Finish:

- 10–15 g shiso, sliced (しそ)



Instructions

1. Pat **cod** dry and season with **salt + MSG** and **pepper**.
 - **Rest 5–10 minutes.**
2. Heat pan over **medium heat**.
 - Add **butter** and melt.
3. Add **soy sauce**, **vinegar**, and **ginger**.
 - Simmer **1–2 minutes**.
4. Add **cod** to pan.
 - Spoon sauce over top.
 - Cover and cook **3–4 minutes**.
5. Add **snap peas**.
 - Cover and cook **2–3 minutes more**.
6. Uncover and lightly reduce sauce for **1 minute**.
7. Add **cornstarch slurry**.
 - Stir gently and cook **30–60 seconds** until slightly thickened.
8. Spoon sauce over fish.
9. Serve topped with shiso.

Notes

- Do not overcook cod; it becomes dry.
- Keep heat moderate to avoid breaking sauce.
- Cornstarch gives a light glaze consistency.
- Shiso pairs especially well with soy-butter flavors.

Nutrition (Whole Dish Total)

Kcal total: 740 | Protein: 64 g | Fat: 45 g | Sat Fat: 27 g | Carbs: 16 g | Sugars: 4 g | Fiber: 4 g | Sodium: 1450 mg | Omega-3: 1.6 g

Nutrition (Per Serving – 1 of 2)

Kcal total: 370 | Protein: 32 g | Fat: 23 g | Sat Fat: 14 g | Carbs: 8 g | Sugars: 2 g | Fiber: 2 g | Sodium: 725 mg | Omega-3: 0.8 g