

Gindara Koji Saikyo-Zuke

銀鱈麹西京漬け

Serves 2

(Plus 2 suggested side dishes)

Ingredients

Fish

- 3 filets - 150 g each gindara koji saikyo-zuke 銀鱈 麹西京漬け



Instructions

Prepare the Fish

1. Remove the fish from the package.
 - Place the fillets on a plate or cutting board.
 - Do not rinse.
2. Remove excess marinade.
 - Using the back of a knife, a spoon, or your fingers, gently scrape away most of the marinade.
 - Leave a thin coating on the surface.
 - Too much marinade can burn and become bitter during cooking.
3. Bring to room temperature.
 - Allow the fish to **rest for 15–20 minutes** while the oven preheats.
 - This promotes more even cooking.

Bake the Fish

4. Preheat the oven.
 - Preheat to **190°C**.
5. Prepare the baking tray.
 - Line a small baking tray with parchment paper.
 - Alternatively, use lightly oiled foil.
6. Arrange the fish.
 - Place the fillets skin-side down.
 - Leave a little space between the pieces.
7. Bake.
 - • Bake for **12–15 minutes**.
 - • Begin checking after 12 minutes.
 - • Exact timing depends on thickness.

Check for Doneness

8. Check the fish carefully.

The fish is done when:

 - • The flesh flakes easily with a fork.
 - • The center is just opaque.
 - • The surface is lightly caramelized.
 - • The flesh remains moist and glossy.

Optional Torch Finish

9. For a restaurant-style finish, use a kitchen torch.
 - Lightly torch the surface after baking.

- Move the flame continuously.
- Only caramelize the surface.
- Do not scorch the fish.

Rest and Serve

10. Rest briefly.

- Allow the fish to **rest for 2–3 minutes**.
- Serve immediately.

Suggested Menu

- Gindara Koji Saikyo-Zuke
- Spinach Ohitashi or Sesame Green Beans
- Brown Rice
- Miso Soup with Tofu and Wakame
- Tsukemono

Spinach Ohitashi

Ingredients

- 150 g spinach ほうれん草
- 1 T / 15 g dashi だし
- 1 tsp / 5 g low-sodium soy sauce 減塩しょうゆ
- ¼ tsp / 1 g toasted sesame seeds (optional) ごま

Instructions

1. Bring a saucepan of water to a boil.
2. Blanch the spinach.
 - Cook for **30–45 seconds**.
 - The leaves should wilt but remain bright green.
3. Cool briefly.
 - Transfer to **cold water for 15–20 seconds**.
 - Drain thoroughly.
4. Remove excess moisture.
 - Gently squeeze dry.
5. Cut into serving lengths.
 - Approximately 4–5 cm pieces.
6. Season.
 - Toss with dashi and soy sauce.
 - Sprinkle with sesame seeds if desired.

Sesame Green Beans

Ingredients

- 180 g green beans いんげん
- 1 tsp / 5 g low-sodium soy sauce 減塩しょうゆ
- 1 tsp / 3 g toasted sesame seeds ごま
- Pinch salt + MSG 塩+MSG

Instructions

1. Bring a saucepan of water to a boil.
2. Cook the green beans.
 - Cook 3–4 minutes until tender-crisp.
3. Drain and cool slightly.
4. Season.
 - Toss with soy sauce.
 - Add sesame seeds.
 - Add a small pinch of salt + MSG if needed.

Nutrition

Fish Only (Per Serving)

Kcal total: 220 | Protein: 18 g | Fat: 14 g | Sat Fat: 3 g | Carbs: 4 g | Sugars: 3 g | Fiber: 0 g | Sodium: 450 mg | Omega-3: 1.5 g

Estimated Complete Meal (with Brown Rice, Miso Soup, and Spinach Ohitashi)

Kcal total: 500 | Protein: 25 g | Fat: 15 g | Sat Fat: 3 g | Carbs: 58 g | Sugars: 5 g | Fiber: 5 g | Sodium: 850 mg | Omega-3: 1.6 g

Notes

- Gindara (sablefish/black cod) is naturally rich in oil and remains moist even when baked.
- The sweet koji-miso marinade burns easily. Removing excess marinade is one of the most important steps.
- For this style of fish, an oven generally produces better results than an air fryer because the heat is gentler and more even.
- The kitchen torch finish is optional but highly recommended.
- This dish pairs particularly well with simple Japanese side dishes because the fish itself is rich and flavorful.
- Leftover fish can be flaked and used the next day in rice bowls, ochazuke, or mixed into a simple salad.