

## BASIC skillet-seared, soy-glazed fish: TERIYAKI

### *Teriyaki no kihon* 照焼きの基本

This a **basic, skillet-seared, soy-glazed fish recipe**. It works well with fillets of yellowtail, snapper, salmon, mackerel, swordfish. You can add ginger to the glaze (or not); you can serve with (or without) lemon or other citrus wedges, grated radish (*daikon oroshi*) to garnish.



### **SALMON TERIYAKI**

*Shaké no Teriyaki*

### **YELLOWTAIL TERIYAKI**

*Buri no Teriyaki*

Makes 4-6 servings.

Glaze:

- 3 tablespoons *saké* (rice wine)
- 4 tablespoons *shōyu* (regular soy sauce)
- 2 tablespoons sugar

1 tablespoon ginger juice; optional, extract by pressing freshly grated ginger

4-6 pieces filleted fish with skin on one side (each piece about 3.5 ounces/100 grams)

1-2 tablespoons *saké*

1 tablespoon vegetable oil

fresh lemon or lime, cut in wedges; optional

small chunk *daikon* radish, grated; optional

Make the glaze:



If using granulated sugar it is best to first combine-and-cook the glaze ingredients (except for the ginger juice) in a small saucepan. Add the ginger juice (if you decide to add a spicy touch) at the very end.



Place over low heat and cook, stirring until the sugar is dissolved. Set aside. This glaze can be made in quantity (double or triple the amount) and saved in a glass jar in the refrigerator for several months.



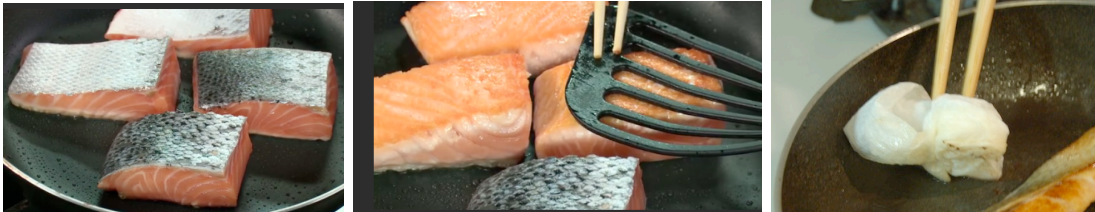
Rinse fish fillets under cold water and pat dry. Sprinkle the *saké* over the fish and let sit for a few minutes before cooking. Blot up excess before searing.

### Skillet-Sear the fish:

If there is skin on one side of the fish, sear the fish **SKIN SIDE UP** over high heat.

If there is skin on the **EDGE** of the fillet **ONLY** you can sear either side first. The side that gets seared first is presented facing up when plating the dish.

Heat a sturdy skillet. and drizzle in oil. Many (naturally) oily fishes, such as *huri* (yellowtail), however, will not require oil especially if you are using a skillet with a non-stick coating. As the fish sears-and-cooks it will produce its own cooking oil. Before pour the glaze into the skillet, blot up excess oil with a wad of paper towel.



As the fish cooks, the edges will become opaque. Exercise **GAMAN**: Resist the urge to jiggle the pan or peek underneath the searing fish. When the fish seems half cooked (about 3 minutes), flip it. After you flip the fish you **MAY** need to press it with a flat spatula to keep the flesh from curling. Sear the other side (skin side) for about 1 minute. **DO NOT FLIP** the fish **BACK AND FORTH**.



Lower the heat slightly and pour in the glaze, swirling it to evenly cover the fish. Continue to cook shaking the pan as the glaze reduces. When it begins to get syrupy, **REMOVE** the fish to serving plates. Return the skillet to the stove. Over high heat, rapidly reduce the glaze. Drizzle extra glaze over the fish. Garnish with lime, lemon wedges (and/or or, pickled turnip slices).

