



SOY-GINGER GLAZED SABLEFISH

SERVES: 4

PREP TIME: 5 MIN

COOK TIME: 15 MIN

INGREDIENTS

- 4 x 6oz sablefish portions
- ½ cup sushi soya sauce
- ½ cup plum sake
- ⅓ cup white sugar
- 1 tbsp sesame oil (optional)
- 1 clove garlic, minced
- 2 tbsp ginger, minced

DIRECTIONS

1. Mix all the ingredients (not including the fish) together in a saucepan and bring to a boil and let simmer until reduced to half and thickened.
2. Brush sauce mixture over the fish and broil for 3mins. Pull out the sablefish and repeat 3 times for a total cook time of 9-12 minutes
3. Top with finely chopped green onions and toasted sesame seeds.



This recipe was created by Chef Ty Gordon, Burnaby store manager, 2022.

