

Dr. Andrew Weil's Miso-Marinated Black Cod with Umami Sauce



MAKES 4 SERVINGS

(pg. 132 in Dr. Weil's True Food cookbook)

Cod

4 (5 to 6 ounce) black cod fillets

Miso Marinade

Makes 1 ½ cups

½ cup mirin

½ cup white (shiro) miso

½ cup evaporated cane sugar

1. Whisk together all of the Miso Marinade ingredients and refrigerate until ready to use
2. Arrange the fish in a single layer in a shallow baking pan. Using your hands, rub the Miso Marinade all over each piece of fish. Wash your hands. Let the fish marinate for at least 30 minutes and up to 12 hours in the refrigerator.
3. Preheat the oven to broil.
4. Remove the fish from the refrigerator and pour ½ cup of the Dashi (see instructions below) into the baking pan. Broil the fish for 10 to 15 minutes, depending on the desired doneness. The fish will continue to cook once removed from the broiler.

Dashi

MAKES 7 TO 8 CUPS

(pg. 132 in Dr. Weil's True Food cookbook)

2 quarts chicken or vegetable stock

2 ounces dried shitake mushroom caps

1 (20-inch square) piece kombu
½ cup bonito flakes
1 tablespoon evaporated cane sugar
¼ cup low-sodium soy sauce

1. Put the stock, shitakes, and kombu in a large pot and bring to a boil. Cook over medium heat for 20 minutes, skimming off foam as necessary. Remove the kombu. Reduce the heat to a simmer and cook for 45 minutes.
2. Remove from the heat and whisk in the bonito flakes and sugar. Let the stock cool for 20 minutes. Strain through a fine-mesh strainer and discard the solids. Stir inn the soy sauce. Transfer to lidded containers and refrigerate for up to 3 days, or freeze for up to 1 month.

Umami Sauce

MAKES 1¼ CUPS

(pg. 236 in Dr. Weil's True Food cookbook)

¼ cup apple cider vinegar
3 tablespoons tamari
¼ cup water
1 cup nutritional yeast flakes
8 garlic cloves, mashed
½ cup extra-virgin olive oil

1. Put the vinegar, tamari, water, yeast flakes, and garlic in a blender or food processor and blend until well combined.
2. Remove the feed tube and, with the machine running, slowly drizzle in the olive oil.
3. Blend well until the mixture becomes thick and emulsified, like mayonnaise.
4. Adjust the seasoning with salt as needed.
5. Pour the mixture into a lidded jar and refrigerate for up to 2 weeks. Bring the sauce to room temperature and shake well before using.