

Soy-Garlic Broiled Striped Bass

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 15 minutes

Chef's Notes

The skin is left on, so the fish must be scaled. Scoring the fish allows for even cooking. You can marinate the fish for at least 30 minutes before cooking or broil the fish first and serve with the sauce.

Preparing to cook

Preheat the broiler, adjusting the oven rack to be 4 to 5 inches below. Line a baking sheet with aluminum foil and lightly oil the surface.

Step 1: Preparing to cook

- Olive oil

Step 2: Making the sauce

- 1 (1-inch) piece ginger, minced
- 4 garlic cloves, minced
- 4 scallions/green onions, minced
- 2 tablespoons soy sauce
- 2 teaspoons sugar
- 1 tablespoon peanut oil
- 1 tablespoon toasted sesame oil

Stir together the ginger, garlic, scallions, soy sauce, sugar, peanut oil and sesame oil.

Step 3: Broiling the fish

- 2 (6-ounce) skin-on striped bass fillets, scales removed

Lay the fillets skin-side up on a work surface and, using a sharp knife, cut diagonal slits about 1/4-inch deep through the skin of each one. Place the fillets on the oiled baking sheet skin-side up and drizzle with more oil. Broil until cooked to your liking, 2 to 4 minutes.

Step 4: Serving

Transfer the fish to a platter or individual plates, spoon the sauce over the fish and serve immediately.