

## *Idiot's Kitchen Recipe – Miso & Honey Glazed Fish*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) - Adapted from Alton Brown



### Ingredients:

2 (6-8 ounce) 1-inch thick fish fillets (cod, halibut, amberjack, corvina, etc.)  
2 Tablespoons white miso paste  
2 Tablespoons honey  
Salt & Pepper

Preheat the oven to 450 degrees.

Place the boneless skinless fish fillets on a foil lined baking sheet and season with freshly cracked black pepper. (You can also season with salt if you'd like but since miso tends to be salty, go easy at first.)

In a small bowl, whisk together 2 Tablespoons white miso paste and 2 Tablespoons honey until smooth.

Spread the miso honey glazed liberally over the tops and sides of the fish.

Bake at 450 degrees for 10-12 minutes until golden brown and slightly charred around the edges. If your fish is not browning enough, pop it under the broiler for 30 seconds rather than increasing the cooking time.

Serves 2 but is easily expanded. Plan on 1 Tablespoon each miso and honey per serving.