

Recipe of the Week

Teriyaki Ocean Trout



150ml Mirin
150ml Soy Sauce
150ml Sake
70g Sugar
4 Ocean Trout Fillets—approx 180g
each, Skin on, Scaled, Pin-boned
1 cup White Rice
3 cups Water
Vegetable Oil
6 heads Bok Choy, Washed

To make the teriyaki marinade bring mirin, soy sauce, sake and sugar to the boil in a saucepan and reduce by half. Allow to cool and pour over trout fillets. Marinate for one hour. Preheat a grill or BBQ to a medium heat. Bring rice and water to the boil, stir and cover with a lid. Reduce heat to very low and gently cook rice for 10 minutes. Remove from heat, leaving lid on until ready to serve. Remove trout from marinade and brush with a little vegetable oil. Place on grill and cook for 3 minutes on each side or until medium rare. Reheat marinade in a saucepan. Cook bok choy in plenty of lightly salted water. Drain and serve with trout, rice and a drizzle of teriyaki sauce.

You can use this marinade on beef, chicken and seafood. It can be made in advance and keeps in the fridge for months