



## Hoisin Wasabi Black Cod

I have used this recipe with Salmon, Artic Char, and Black Cod (Sablefish) and it tastes great and is very easy to prepare. The pomegranate balsamic vinegar is optional and pomegranate juice can also be used; it does give it a unique flavor. This can be marinated for 20 minutes before cooking to let the ingredients absorb into the fish.

[Sablefish](#) is found from central Baja California to the eastern Bering Sea, with about 75 percent of landings taken off Alaska. It is a rich fish that is high in Omega 3 fish oils. A valuable source of high-quality protein, Alaska sablefish also furnishes important minerals, among them: iodine, phosphorus, magnesium, copper, iron, zinc and calcium. The fats in sablefish are highly polyunsaturated and thus well-suited to low cholesterol diets.

Serves 4

### Ingredients

- 1 pound Sablefish (black cod)
- 2 Tablespoon Hoisin sauce
- 2 Tablespoon Dry Sherry

3/4 teaspoon wasabi paste or powder mixed into paste

1 Tablespoon teriyaki sauce (look for a low sugar one)

1 teaspoon shredded ginger

1/2 teaspoon Pomegranate balsamic vinegar (optional) or 2 Tablespoon  
pomegranate juice

Mix all the ingredients together and spread on fish. Let sit for 20 minutes.

Preheat broiler, put in hot broiler for 4-5 minutes depending on the thickness of the fish. Turn and cook for 4-5 minutes until done. Put fish in serving dish and pour remaining sauce on fish that is left in pan.

This recipe yields per serving: 28 grams protein, 9 grams carbohydrate, 4 grams fat

**TIP** Clean a piece of ginger with vegetable brush. Place in food processor with grating disk. Scrape all ginger into a covered container and pour dry sherry almost to cover. This will keep ginger for months in the refrigerator, ready to use.