Honey Broiled Sablefish with Coconut Froth &

Tropical Relish

SERVES 4

PREP TIME 25 Minutes

COOK TIME 10 Minutes

Ingredients

Sablefish
4 sablefish (black cod) fillets, 6 oz each
2 tbsp honey
2 tbsp soy sauce (shoyu)
1 tbsp mirin
1 tsp sesame oil
1 tsp grated fresh ginger
1 garlic clove, minced
Coconut Froth Cream
1 cup coconut milk
½ cup heavy cream
1 tsp honey
1 tsp lime juice
1 tsp soy sauce
½ tsp fresh grated ginger
Salt to taste
Tropical Relish
½ cup diced fresh pineapple
½ cup diced mango
¼ cup finely diced cucumber or green papaya
2 tbsp diced red bell pepper
2 tbsp rice vinegar
1 tsp honey
½ tsp sesame oil
Pinch sea salt
Pickled Carrot Garnish
1 carrot shaved into ribbons
¼ cup rice vinegar
1 tbsp sugar
½ tsp salt
Garnish
1 tbsp sesame seeds
2 tbsp puffed quinoa or puffed rice
Furikake or seaweed flakes
Micro cilantro or shiso (optional)

Directions

1. Marinate the Sablefish
Whisk together honey, soy sauce, mirin, sesame oil, ginger, and garlic.
Brush the sablefish generously and marinate for 20–30 minutes.
2. Prepare the Pickled Carrots
Combine rice vinegar, sugar, and salt.
Add carrot ribbons and let pickle 20 minutes.
3. Make the Tropical Relish
Combine pineapple, mango, cucumber, and red pepper.
Add rice vinegar, honey, sesame oil, and salt.
Chill until ready to plate.
4. Coconut Froth Cream
In a small saucepan combine:
coconut milk
cream
honey
soy sauce
ginger
Simmer gently for 5 minutes.
Blend briefly with an immersion blender to create a light frothy foam.
Finish with lime juice.
5. Broil the Sablefish
Preheat broiler to high (500°F).
Place fish on a parchment-lined tray and brush with remaining glaze.
Broil 6–8 minutes until:
lightly caramelized
flaky but still buttery inside
Brush once more with glaze during cooking.
Plating
Spoon coconut froth cream onto the plate.
Place the broiled sablefish on top.
Add a mound of tropical pineapple–mango relish beside the fish.
Garnish with:
pickled carrot ribbons
sesame seeds
puffed quinoa
seaweed flakes
Drizzle lightly with a soy reduction or honey glaze.

Nutritional Information