



Momotaro Foods
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The Japanese Food Network

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A bit more effort recipe 8 – Fish in ginger sauce (Sakana no shoga-ni)



Description:

This recipe uses mackerel, which are in season all year round. Mackerel have a strong flavour, which the ginger counter-balances and reduces. However, mackerel are only part of the 'oily' fish group which includes trout, sardines, pilchard, sprat, tuna, salmon and eel. So you could substitute other oily fish for the mackerel if you prefer, perhaps especially sardine and pilchard. All the oily fish are high in proteins and vitamins including A and D, and of course particularly rich in omega 3 fatty acids.

Serve this dish as a main course with rice and a side dish such as hijiki or wakame and cucumber salad.

Ingredients (for 4 people):

4 or more fresh mackerel (or other fish) dependent on appetite

6 cms fresh ginger

100 ml (6 tablespoons) cooking sake

30 ml (2 tablespoons) shoyu

30 ml (2 tablespoons) mirin

30 ml (2 tablespoons) rice vinegar

Beni shoga (pickled ginger strips)

Pinch of caster sugar (or more to taste)

220 ml (1 cup) water

Method:

- 1. Gut and cut the heads off the mackerel (ask the fishmonger to do it!). Rinse well.**
- 2. Peel the ginger, grating 4 cms of the ginger and cut the remaining 2cm into very thin slices**
- 3. In a saucepan, mix the water, sake, shoyu, mirin, ginger slices and sugar and heat gently until the sugar is fully dissolved**
- 4. Add the mackerel and simmer for 10 to 15 minutes or until thoroughly cooked**
- 5. Add the rice vinegar and simmer for a further 2 minutes**
- 6. Serve in individual bowls garnished with the grated ginger and beni shoba**