Chilean sea bass is a large fish found in the Pacific, southern Atlantic, and Indian Ocean. It is also known as Patagonian toothfish, mero, or icefish. It is high in protein and low in carbs. It has a buttery flavor and a tender, flaky texture. It has a clean, non-fishy flavor and a firm texture, with large, succulent flakes. It is compared to black cod.

This yields four generous portions. It is a fatty fish, so a little goes a long way. I usually use less than ½ pound per person.

Ingredients:

¼ cup of yellow miso
½ cup of mirin
2 tsp. Soy sauce
1 TBS canola oil
1 tsp. sugar
1 grated garlic clove
1½ pounds or less Chilean sea bass

Directions:

To marinate, find a dish that fits the fish snugly.
Add the miso to a bowl and whisk in the mirin until smooth. Add soy sauce, oil, sugar, and garlic.
Place the fish in a dish that fits snugly, pour the marinade over the fish, and turn the fish. Cover and refrigerate for at least 2 hours and up to 8 hours. Turn the fish once while marinating.
Preheat the oven to 425 degrees.
Line a baking sheet with parchment paper or foil. Place the fish on the sheet, skin side down, and roast for about 15 minutes until the fish is opaque and flakes easily with a fork.

Recipe adopted from Olivia Mack McCool
Posted by the Sunnycovechef.