

# **PLANK COOKING**

by JOHN HOWIE

## **Sea Bass with Ginger – Serves 2**

2 each	Sea Bass – fillet 6-7 oz. wt. (Chilean or Californian, striped or white)
1 cup	Ginger Marinade – recipe follows
2 cups	Napa Slaw – recipe follows
2 each	Cilantro – sprigs

### **PREP PROCEDURE:**

1. Place sea bass fillets in the marinade and let marinate for 12-18 hours.

## **Ginger Marinade – Yield 1 Cup**

¾ cup	Sweet Rice Wine (Aji Mirin)
1 Tbsp.	Soy Sauce
1 Tbsp. + 1 tsp.	Ginger – fresh minced
1 tsp.	Garlic – fresh, minced
1 Tbsp.	Green Onion – minced
1 Tbsp.	Sesame Oil

### **GINGER MARINADE PROCEDURE:**

1. Mix ingredients together well, hold refrigerated until needed.

## **Napa Slaw – Yield 2 Cups**

2 Tbsp.	Rice Vinegar – seasoned
4 Tbsp.	Salad Oil – canola
1 Tbsp.	Sugar – granulated
1 ¼ cups	Napa Cabbage – sliced ⅛” thick
½ cup	Carrot – julienne sliced ⅛” thick x 1-2” long
¼ cup	Red Onion – sliced ⅛” thick
1 Tbsp.	Cilantro – coarse chopped

### **NAPA SLAW PROCEDURE:**

1. Toss together all vegetables. In a separate bowl mix vinegar, sugar, and salt together until dissolved, then add the oil. Hold both refrigerated until needed. When needed, whisk vinegar mixture well, and add to the vegetables mix.

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## COOKING PROCEDURE:

1. Pre-heat oven to 400°. Remove the fish from the marinade and place on the plank. Pour 4 Tbsp. of marinade over each fillet. Place the plank in the oven and cook for 4-5 minutes. Remove from the oven and turn the fillets over. Return to the oven and cook for 10-12 minutes or until fillets reach 120°.
2. Remove fish from the oven, place 1 cup of Napa slaw on each plate. Remove the fillets from the plank and place on the slaw. Drizzle any of the marinade left on the plank over the top of the fillets. Garnish the top of the fillet with the cilantro sprig. Serve.