

# BON APPETIT HON

*bawlmerese for enjoy your meal*

## Top Chef Sea Bass

### [Sporkorfoon](#)

- 6 tablespoons mirin
- 1/4 cup miso paste
- 1/4 cup teriyaki sauce
- 1/4 cup sherry (mine was dry sherry and I used about 1/8 cup)
- Two 6 ounce pieces sea bass, mahi mahi, or other firm fish
- 1 tablespoon vegetable oil

Combine mirin, miso, teriyaki, and sherry in a bowl. Place fish in a resealable plastic bag, add marinade, and refrigerate overnight.

In a medium frying pan, heat the oil over medium high. Remove fish from the marinade, scraping off the excess, and pat dry. Put the fish in the pan and cook, without turning, for three minutes until well browned on the bottom. Turn and cook the other side for about 3 minutes, or until well browned and just cooked through.

If your fish is thick cut, brown both sides as described above and then place pan into a 350 degree oven for 15 to 20 minutes until fish is done.

---

*top chef sea bass* was posted by wendi on 25 september 2009 at bonappetithon.com