

Miso marinated black cod, wasabi peas, pickled radish, sesame, miso mayonnaise and crispy rice noodles

This dish, created by our in-house chef Charlie, is designed to be a Japanese take on the British classic fish and chips. It's a dish with a great balance of acidity and texture with the contrast of meaty fish, creamy miso mayo and crunchy noodles.

Serves 2

Ingredients

2 portions of Sandys miso black cod
250g frozen peas
5g wasabi paste
30 g butter
50g of good quality mayonnaise
15g organic white miso pasta
Squeeze of lemon juice
2 red or purple breakfast radishes
60g white wine vinegar
60g caster sugar

50g Dried vermicelli rice noodles
vegetable oil
20g toasted white or black sesame seeds
A drizzle of sesame oil

Method

Pickled radish:

Add the white wine vinegar and caster sugar to a saucepan and bring to the boil. Transfer this pickle juice to a container and then add your finely slice radishes. You can keep these pickles for up to a week.

Miso mayonnaise:

Simply whisk together your miso paste, mayonnaise and lemon juice together and transfer to a squeeze bottle or piping bag if you have one. If not, it can be spooned over when plating.

Toasted sesame seeds:

Toast sesame seeds in a dry frying pan for a few minutes.

Crispy rice noodles:

Heat up vegetable oil in a saucepan to 180c, if you don't have a temperature probe you can test the oil temperature by just testing a piece of noodle, if the oil is hot enough the noodles will puff up in around 2 seconds, if it doesn't then the oil needs to be hotter, have a tray with paper towel and a slotted spoon ready to remove the noodles from the oil, sprinkle with a little salt.

For the wasabi peas:

Defrost your peas then bring a pan of salted water to the boil, adding the peas until they boil for 2 minutes, drain off all excess water and add to the blender with the wasabi paste and butter and a pinch of salt and pepper. Blend on the pulse setting so the peas maintain some texture and don't just go to a fine puree.

Cooking the cod:

Heat a frying pan with vegetable oil to a medium heat. Add the cod flesh side down and cook until the flesh is caramelised. Do the same with both sides of the fish, then place skin side down until crispy. While it's cooking skin side down, use any excess oil in the pan to baste over the flesh of the fish. If your piece of cod is thick, it will need to be finished in the oven for a few minutes. You can check if your fish is ready by inserting a small skewer or knife into the thickest part of the fish. If it begins to flake and is not translucent in the middle the fish is ready to serve.

Chef tips:

For a really professional restaurant look, try getting your hands on some edible flowers from your local greengrocer. This and an Asian style plate will really set the dish off.