



Grilled Arapaima with Miso

by Chef Telma Shiraishi

Ingredients

500 g Arapaima filet
100 g miso (fermented soya paste)
200 ml mirin (liqueur sake for Japanese cooking)
Oil for greasing

Cooking Instructions

Cut the Arapaima into filets and set aside. Bring the mirin to boiling in a small saucepan over high heat to evaporate the alcohol. As soon as it reduces to 2/3 of its initial volume, add the miso and remove from the heat, mixing well until homogenised. Wait for the mixture to cool and coat the Arapaima filets. Leave to marinate for about 20 minutes before baking. Preheat the oven, preferably on the grill function, to 200 °C. Place the Arapaima filets on a baking sheet lined with aluminium foil and greased with oil. Bake for about 10 minutes or until the surface of the fish with the sauce is caramelised. Serve the Arapaima with grilled mushrooms and vegetables of your choice.

