

## Flatfish Japanese-Style Recipe

**Ingredients:** Serves 2

2 whole flatfish, about 300 g each  
Komatsuna (a kind of Chinese cabbage)

**Simmering Stock:**

2 cups dashi stock  
3 tablespoons sake  
1 tablespoon sugar  
2 tablespoons mirin  
2½ tablespoons soy sauce

**Method:**

To prepare flatfish, the dorsal and pelvic fins and tail have slime with a muddy smell. Scrape it off with a knife. The tail has lots of slime, so carefully remove it. Lay the fish with the black skin upward and the head on the left. Lift the head a little with one hand and scrape off the fish scales from the tail toward the head with a knife. Place the head on the right. Insert the knife under the gill opening and detach the base of the gill cover, drawing the red part out. Make a cut about 2 inches below the pectoral fins on the white skin. Turn it over, push the back of the cut and draw the guts out with a knife. Remove the remaining guts with fingers under running water. Rinse quickly and pat dry completely. Make about five cuts crosswise diagonally at intervals of ¾ inch (2 cm). Move the knife toward you. Add the dashi stock to the pan and bring it to a boil over high heat. When it comes to a boil, add the ingredients for the simmering stock and bring it to a boil again. Place fish with the black skin upward and baste with simmering stock with a ladle to prevent the fish from breaking into pieces. When the color of the surface with cuts has changed, do the same with another fish. Turn the heat to medium and cover the fish with aluminum foil as a drop lid. Avoid using a wooden drop lid, or the heavy weight will spoil the skin of the fish. Simmer for 5-6 minutes and turn off the heat. Boil the komatsuna briefly in salted water, cut into pieces, soak in the liquid and garnish. To serve, contrary to ordinary fish, place the head of the fish on the right. Spread the liquid and put the komatsuna in the front.

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