

**Sesame honey, maple and soy marinated Black cod
with shiitake mushroom, edamame and grilled
Chinese broccoli**

1 – 6-8oz piece of Black cod
4oz Diana's sesame honey, maple and soy marinade, reserve 1 oz for drizzle to finish plate.
2oz Shiitake mushrooms (julienne)
2oz Edamame (blanched)
4oz Chinese broccoli (gailan)
1 tbsp Canola oil
1 clove garlic (minced)
1 tsp ginger (minced)
1 tsp toasted sesame seeds
Salt & Pepper – to taste.

Method – Season and pan sear Black cod, set aside and marinate for 30-45 minutes. While Black cod is marinating, prepare shiitake mushrooms in thin stripes (julienne) and sauté until soft with ginger and garlic. Add pre blanched edamame and set aside. Dress Chinese broccoli with canola oil and grill until char marks appear, about 1-2minutes. To finish plate, place Black cod in 350° oven for 10-12 minutes or until flesh starts to split. Heat up already prepared shiitake, edamame and Chinese broccoli and serve.

To arrange nicely on plate. First place Chinese broccoli in middle of plate, then place shiitake and edamame mixture and finish with Black cod, toasted sesame seeds and reserve marinade for drizzle around plate.



Diana's Seafood Delights
2101 Lawrence Avenue East, Toronto, Ontario M1R 2Z4 Tel: 416-288-9286