Miso Walleye with Soba Noodles and Mushrooms

Ingredients

4 walleye fillets
¼ cup white miso paste (refrigerated section)
¼ cup mirin
¼ cup sake
4 tsp. sugar
4 tsp. soy sauce
4 servings of prepared long-grain white rice, or soba noodles and mushroom recipe below

Soba Noodles with Mushroom (optional)

4 large king oyster mushrooms
Kosher salt, to taste
Neutral cooking oil
9 ounces soba noodles
Mentsuyu noodle base, to taste
4 green onions, sliced on the bias
Togarashi, to taste and optional

Directions

Step 1

In a small bowl, stir miso paste, mirin, sake, sugar and soy sauce until smooth.

Place walleye fillets in a zip-lock bag and pour in miso marinade. Marinate in the refrigerator for 1 hour, flesh-side down if walleye skin is intact.

Step 2

When ready to cook, preheat oven to broil and place the rack in the middle position. Line a baking sheet with foil and grease with cooking spray. Place fish skin-side down, pouring excess marinade over the fish. Broil for 5-10 minutes, or until fish is cooked through and flaky. Sprinkle togarashi on top, optional, and serve with hot white rice or soba noodles, recipe following.

Step 3

Broil for 5-10 minutes, or until fish is cooked through and flaky. Sprinkle togarashi on top, optional, and serve with hot white rice or soba noodles, recipe following.

Step 4 - Soba Noodles with Mushroom

1. To serve fish with noodles, cook the mushrooms while the fish is marinating. Cut oyster king mushrooms into ¾-inch-thick slices and score one side in a crosshatch pattern.
2. Coat a pan with oil and heat over medium-high. When hot, brown mushroom slices on both sides. Season with salt. Set aside and keep warm.
3. Before you place the fish in the oven, bring a pot of water to a boil and follow the package directions to cook soba noodles.
4. Cook fish as directed above. When noodles are tender, drain, rinse with water and toss with mentsuyu noodle soup base, to taste. Serve noodles with fish, mushrooms and sliced green onion.