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Alaska Black Cod Marinated with Honey

Prep time: 5 minutes

Cook time: 10 minutes

Servings: 6

1 cup honey

1/2 cup low-sodium soy sauce

1/4 cup olive oil

1/3 cup white wine vinegar

6 Alaska Black Cod fillets (approx. 4 oz. each), fresh or thawed

Sea salt and black pepper, to taste

Stir honey, soy sauce, olive oil and vinegar together in a glass (or non-reactive) bowl. Place Alaska Black Cod fillets in the bowl, skin side up, so that marinade covers all of the fish flesh. Cover and refrigerate for 12 to 24 hours.

Heat oven to 450°F. Remove fillets from marinade and place on a nonstick (or spray-coated/foil-lined) baking sheet. Season with salt and pepper. Roast until fillets are golden to dark brown, about 7 to 9 minutes. Cook just until fish is opaque throughout.

Nutrients per serving: 289 calories, 20g total fat, 4g saturated fat, 61% calories from fat, 56mg cholesterol, 16g protein, 12g carbohydrate, <1g fiber, 247mg sodium, 41mg calcium and 2030mg omega-3 fatty acids.