

# Good Enough 2 Eat

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## Teriyaki Fish

This would have to be one of my favourites. It is simply delicious and so easy to make. Choose your fish carefully though. You want a fresh white fillet. I tend to use a range of fish from shark to barramundi but I have to admit, this dish works well with salmon too. Either way, I opt for fish that stays firm when cooked so ask your fish monger for advice. Teriyaki is a lovely sweet sauce made from sugar, soy sauce, mirin (Japanese cooking wine), a touch of water and ginger and garlic. I make my own by combining these ingredients to taste (with a little water) over a warm heat. I use powdered ginger and garlic. Alternative, you can always buy a bottled ready-made version of teriyaki sauce from the shop. There are many varieties available. Look for something quite natural, preservative free and without flavour enhancers.

### You'll need:

Fish fillets (boned).  
1 Teaspoon of Butter.  
Teriyaki Sauce.  
2 Tablespoons of oil.  
Plain white flour.  
Garnish.



### Here's what to do:

Dip the fillets into flour. Melt the butter with the oil in a frying pan. When ready, put the fillets into the pan. Cook for a couple of minutes until the fish is beginning to flake. Turn the fish over to cook the other side. Remember not to over handle the fish. One touch cooking is the skill here. When the fish is nearly cooked, spoon a couple of tablespoons of teriyaki sauce over it. This takes a little practice with your timing as you don't want to over cook the fish. When ready, place the fish onto a plate, add some of the remaining sauce and garnish. Serve with a bowl of white rice. This really is good enough to eat!

If you're making your own teriyaki sauce, add the ingredients mentioned above to a small pan. Heat the pan and bring the sauce to the boil quickly letting it thicken and reduce slightly. This really is a sauce that should be made to taste. I add one tablespoon sugar to three tablespoons soy sauce and two tablespoons mirin and a splash of water. A good teaspoon of the garlic and ginger powder will do the trick. Try it, you'll love it.