

Miso Kasu Red Snapper Foil Yaki

Yield: 2 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-purple-potato-bar-recipe>

Ingredients:

- 1 whole red snapper deboned, scaled, butterflied, about 1 pound
- 1 purple potato about 5 ounces, cut into bite-size pieces
- 1/4 head napa cabbage about 1/4-1/2 pound, cut into bite-size squares
- 1 lime
- 1/2 fish
- 2 tablespoons olive oil
- salt to season
- soy sauce for garnish, optional
- 2/3 cup kasu sake
- 3 1/2 tablespoons sake
- 3 1/2 tablespoons mirin
- 2 tablespoons sugar
- 2 tablespoons miso shiro, white, or aka, red miso for a stronger taste
- 16 shiso leaves
- 2 stalks scallions with greens
- 1 3/4 cups lime juice
- 2 cloves garlic peeled
- 3 jalapeños stems off, deseeded
- 1 pinch salt
- 1 1/2 tablespoons honey
- 5 tablespoons vegetable oil

Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 45 milligrams
4. Fat: 53 grams

5. Fiber: 4 grams
6. Protein: 19 grams
7. SaturatedFat: 5 grams
8. Sodium: 1740 milligrams
9. Sugar: 34 grams
10. TransFat: 1 grams

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