

oshi

COOKING INSTRUCTIONS

While Oshi fillets can be prepared in many ways, these two methods deliver the best texture and flavor – whether you prefer a gentle cold-pan sear or a quick hot-pan finish in the oven.

Cold Pan (Best Practice)

- Thaw Oshi fillet overnight in the refrigerator. Lightly oil a non-stick pan and place the fillet inside while the pan is still cold. Season the top lightly. Set heat to medium-low, cover, and
- cook for 3 minutes. Flip, season the other side, cover, and cook
- for 1½ minutes. Drizzle 1 tsp neutral oil (canola or sunflower) on
- top, then sear uncovered for 10 seconds per side for extra crispiness. Serve hot with your favorite sauce or side.
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Hot Pan and Oven

- Thaw Oshi fillet overnight in the refrigerator.
- Preheat oven to 465°F (dry setting).
- Heat a heavy Teflon pan over medium heat for 30 seconds.
- Place fillet in the pan, cover, and cook 1 minute per side.
- Transfer pan to the oven and cook for 5 minutes, or until internal temperature reaches 113°F.
- Serve with your favorite side.

Best Practices

- ✓ Cook to an internal temp of 50°C
- ✓ Use dry rubs for seasoning
- ✗ Avoid added sugar in rubs
- ✗ Avoid steaming, air frying, or using a pizza oven

