

Poké Bowls

Preparation time 1 hour
Each bowl recipe for 4 persons

You need

500g **Ahi Tuna** filet sashimi quality
250g sushi rice*
3 young onions, cut
8 heaped tbsp. pomegranate kernels
fresh chili, cut
chopped macadamia nuts
watercress
white sesame and black sesame seeds
seaweed salad

500g **salmon** filet, sashimi quality
250g black rice, precooked
3 young onions, cut
1 cup fresh mango, cut in cubes
white sesame and black sesame seeds
fresh cilantro, fresh horseradish, slices

400g precooked **octopus**
250g brown rice, precooked
2 cups edamame, precooked, dishelmed
2 red radishes, sliced
1 cup sliced young onions
seaweed salad
fresh chili, cut
white sesame and black sesame seeds
pickled ginger

*Sushi Rice

250g rice
1 tsp salt
1 tbsp. sugar
3 tbsp. rice vinegar
2 tbsp. Mirin sauce (rice wine)

Cook the rice in a rice cooker, prepare the liquid with all other ingredients, spread the cooked rice on a baking sheet and let cool a bit by fanning, pour the liquid over it, with a wooden spoon fold the rice and marinate it evenly and let cool. This recipe will serve well for any maki or nigiri as well.



3 Fish Marinades

Yuzu Marinade:

1 tsp. yuzu
2 tbsp. Mirin
2 tbsp. light soy sauce

Sesame Ginger Marinade:

2 tsp. Mirin
6 tbsp. Soy sauce
3 tsp. sesame oil
4 tbsp. freshly pressed lime juice
1 tbsp. grated ginger

Teriyaki Marinade:

120ml soy sauce
1 ½ tbsp. honey
1 ½ tbsp. freshly grated ginger
1 tsp. grated garlic
2 tbsp. Mirin
4 tbsp. dark brown Moscovado sugar
2 tbsp. starch
60 ml water + 3tbsp. cold water

Ponzu, bought

To assemble the bowls, you first make a base with the rice, and then arrange the sides in a circle on top of the rice, finally you marinate 1 portion of fish with 2 tbsp. of your choice in an extra bowl, and add it to the bowl, garnish with sesame seeds and if you love it spicy, I recommend a hot chili sauce like sriracha.