

Poke/Sashimi

Poke:

Ingredients:

- 1-2 pounds of tuna or any sashimi grade fish
- 1/3 C Shoyu (soy sauce)
- 1-2 TBS Sesame seed oil
- 1-2 TBS Ponzu (optional)
- ½ yellow or white onion – thinly sliced
- Green onion – chopped
- 1-2 TBS White or black sesame seeds

Directions:

1. Cut the tuna or fish in ½ inch cubes, add to bowl
2. Add the onions, green onions, and sesame seeds to the fish
3. Add shoyu, sesame seed oil (add more if you want a more nutty flavor), and ponzu to the mixture and mix well
4. Serve immediately or add with rice with furikake and pickled vegetables to make it a poke bowl

Sashimi:

Directions:

1. Start by removing any remaining bones, skin, and bloodline from fish
2. Pat dry with clean paper towel
3. Use a razor sharp knife to slice the fish against the grain
4. The thickness of the slice will depend on your preference, but traditionally sashimi is sliced very thin
5. To prevent the knife from sticking to the fish, wipe your knife against a cold wet towel in between each slice
6. Arrange sliced fish on platter and garnish with shoyu, wasabi, ponzu, and pickled ginger

