

# Hawaiian salmon and tuna Poke bowl, jasmine rice, Yuzu sauce |

Recipe for 4 servings



## Description

A fun dish from Hawaii; fresh bright flavors, simple and delicious!

## Note

Depending on the size of your fish, you can adjust the cooking times accordingly.

Plating this dish consists of decorating your rice with all the beautiful colors and elements you have created or prepared!

## Ingredients

### Rice

- 300 Ml Jasmine rice
- 15 Gr Sugar
- 10 Gr Salt
- 30 Ml Rice vinegar
  
- Salt and pepper
- Vegetable oil

### Poh-Kay

- 4 Pinch(es) Black sesame seeds
- 4 Unit(s) Green onion
- 12 Unit(s) Cherry tomatoes
- 25 Gr Japanese pickled ginger
- 2 Unit(s) Libanese cucumber
  
- Salt and pepper
- Vegetable oil

### The fish

- 300 Gr Salmon filet
- 150 Gr Yellowfin tuna
  
- Salt and pepper
- Vegetable oil

### Sauces

- 100 Ml Spicy mayonnaise
- 15 Ml Yuzu juice
- 15 Ml Soy sauce
  
- Salt and pepper
- Vegetable oil

## Preparation

- Preparation time **30 mins**

- Preheat your at **400 F°**

### Preparation

Combine the sugar, salt and rice vinegar in a sauce pot and bring to a boil. Once boiling, remove from heat and let the liquid cool to room temperature.

Peel the green onions. Peel the oranges and grapefruits, making sure to remove the pips as well. Make supremes from the citrus fruits. Try and save this step for just before being ready to serve. Strain the marinated ginger.

### The rice

Bring a sauce pot of water to a boil, add the rice and cook for about 12 minutes. Strain the rice, and then transfer it to a baking sheet. Drizzle the rice vinegar mixture over the top of the rice and mix well. Add the sesame seeds last.

Set aside until ready to serve.

### The fish

1: In a hot skillet with a little vegetable oil, sear the salmon on one side for 2 minutes. Season, then flip and cook for another 2 minutes. Transfer to a baking sheet.

2: Repeat the same process with a piece of tuna, this time only searing one minute on each side, and then transfer it to a plate and in the fridge to cool.

### Garnishes

Quarter the tomato, remove the seeds and then cut the flesh into small cubes (brunoise).

Cut the cucumber (skin on) into small cubes (brunoise).

Cut the shallots at an angle to create a longer, more beautiful slice.

### Sauces

1: Combine your favorite mayonnaise with sriracha and sweet chilli paste, season to taste.

2: In a sauce pot, bring the yuzu juice and soy sauce to a boil. Reduce until you reach a syrup like consistency. This sauce will be used to garnish the tuna tataki.

### Plating

Place the rice in the bottom of a bowl or in the center of a flat plate. Carefully place the vegetable brunoise.

Place the salmon in the oven for 3 minutes. Slice the tuna into nice fine slices.

Place pieces of salmon as well as slices of tuna here and there on the plate, feel free to embrace your artistic side!

Add the spicy mayonnaise as well as the sliced green onions.

Garnish with leaves of coriander as well as pickled ginger.

It should make for quite a beautiful presentation with all the beautiful colors!

**Bon appétit!**