

Starfrit : Half-cooked salmon, tuna tataki; sweet and savory poke bowl

Recipe for 4 persons



Description

A classic dish from Hawaii made from raw fish and Asian style garnishes. Perfect for your Lock&Lock Starfrit lunchbox.

Sure to make your colleagues jealous.

Note

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

Ingredients

Rice

- 2 Cup(s) Jasmine rice
- 1 Tbsp Sugar
- 0.50 Tsp Salt
- 4 Tbsp Rice vinegar

- Vegetable oil
- Salt and pepper

Poh-Kay

- 4 Pinch(es) Black sesame seeds
- 3 Unit(s) Green onion
- 2 Unit(s) Italian tomatoes
- 2 Tbsp Japanese pickled ginger
- 1 Unit(s) English cucumber

- Vegetable oil
- Salt and pepper

The fish

- 300 Gr Salmon filet
- 150 Gr Yellowfin tuna

- Vegetable oil
- Salt and pepper

Sauces

- 0.25 Cup(s) Spicy mayonnaise
- 0.25 Cup(s) Yuzu juice
- 3 Tbsp Soy sauce

- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **30 mins**

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. 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

Make a bed of rice at the bottom of your Starfrit lunch box. Garnish with the cut vegetables.

Cut the fish into small cubes. Garnish the lunchbox with random pieces of both fish. Drizzle with the sauce. Garnish with the seasoned mayonnaise as well as the green onions.

You want the dish to be easily edible with chop sticks.

Top with marinated ginger, cillantro leaves and roasted sesame seeds.

Bon appétit!