

Vegetable poke, marinated shiitake, wafu sauce, green onion whistle

Recipe for 12 tapas

Description

Very popular and trendy recipe you need in your cook book.

Note

You can easily make this recipe your own changing or adding some ingredients (salmon, radish, cucumber, watermelon, edamame, carrots, tofu, pineapple...)

Ingredients

Poke

- 500 Ml Jasmine rice
- 700 Ml Water
- 120 Ml Rice vinegar
- 30 Gr Sugar
- 6 Gr Salt
- 2 Unit(s) Grated carrot
- 2 Unit(s) Green onion
- 250 Gr Old cheddar
- 1 Unit(s) Cucumber
- 4 Unit(s) Radish
- 1 Tbsp White and black sesame seeds
- 3 Leaf(ves) Romaine salad

Pink mayonnaise

- 1 Unit(s) Egg
- 250 Ml Canola oil
- 1 Tbsp Tahini
- 1 Tsp Roasted sesame oil
- 1 Tsp Chili paste (sriracha)
- 1 Unit(s) Lime juice
- 3 Tbsp Rice vinegar
- 1 Tbsp Soy sauce

Pickled Shiitakes

- 200 Gr Shiitake mushroom
- 100 Ml Rice vinegar
- 100 Ml Water
- 1 Tsp Sugar

Preparation

- Preparation time **60 mins**

Prep

Bring the rice vinegar, sugar and salt to a boil and set aside in the fridge to season the rice after cooking.

Cut the cheese into brunoise (cubes), then put it in the refrigerator.

Cut the cucumber into small cubes.

Cut the cherry tomatoes in two or four depending on their size.

Pass the radishes through a mandolin, otherwise, make sure to make thin slices with a knife, then

keep the slices in cold water in the refrigerator.
Peel and grate the carrots, keep them in cold water.
At the last moment, finely chop the salad leaves.

Rice cooking

Cook the rice for 14 minutes with the lid, remove from heat and let 5 minutes.
Season while still warm with sugar, salt and rice vinegar.

Wafu sauce

Clarify the egg and put the yolk in a bowl. Add the tahini, sriracha and sesame oil.
Start to whip up like a mayonnaise. Once all the oil is emulsified, add the lime
lime juice, soy sauce and rice vinegar. Season to taste.

Pickled Shiitakes

Clean the shiitake mushrooms and remove the stems. Cut the mushroom caps into strips. Heat the
rice vinegar, water, sugar and a pinch of salt in a saucepan. Cook the shiitake mushrooms for 1 to 2
minutes in the marinade and let cool.

Dressing your plate

In a bowl, put some rice, add some dressing. Cover with a carpet of chopped salad.
Then add the ingredients as you see fit.

Bon appétit!