

THE POKE BOWL, HONOLULU STYLE

The Recipe

<https://www.cuisinedaubery.com/recipe/poke-bowl/>

A poke bowl that I learned in Honolulu, very simple and sooooo delicious

Servings: 2

Preparation Time: 20 Minutes

Yield: 2 Bols

Skill: Easy Level

Cuisine: Asian Cuisine

Courses: Main Dish, Fish,

Ingredients

*Fish

2 1/4 lbs Salmon Filet (1 kilogram) Salmon or Tuna, Ahi Tuna

*Rice

1 Cup Rice

*Sauce and spices

3 tablespoons of Soy Sauce

1 tablespoon of Sesame Oil

1 tablespoon of Ginger Root

2 Garlic Cloves

1/2 teaspoon of Palm Sugar Can be substituted with Brown Sugar

*Vegetables

3 Green Onions ('Scallions')

1 Avocado

*Toppings

A small quantity of Coriander leaves (cilantro)

A small quantity of Sesame Seeds

Steps

1. Start by cooking the rice
2. For the Salmon Filet (2 1/4 lbs or 1 kg), remove bones and the skin
3. Cut the Salmon Filet (2 1/4 lbs or 1 kg) into chunks

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4. Actually, I am using Salmon Filet but if you travel to Hawaii, you will notice that they prefer using Tuna
5. Peel the Avocado (1)
6. Cut in big chunks and add some lemon juice to avoid the avocado to turn dark
7. Peel and grate some Ginger Root
8. To peel the Ginger Root, simply use a spoon, not a peeler !
9. Add the crushed Garlic Cloves (2)
10. Add the Sesame Oil (1 tablespoon) and the Palm Sugar (1/2 teaspoon) that you may substitute with brown sugar

Sesame Oil

Sesame Oil can be easily found in supermarkets

Palm sugar

Palm Sugar is more Thai than Chinese, but I like its taste

You may replace with Brown Sugar

11. Add the Soy Sauce (3 tablespoons) and the diced Green Onions ('Scallions') (3)
12. Combine all ingredients in a mixing bowl and mix them
13. Assembling the bowl: Start by putting some Rice in each bowl
14. Add the Fish with the Sauce and the Avocado
15. For the toppings, I use Coriander leaves (cilantro) and Sesame Seeds