

Alaska Salmon Poke



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: About 4 cups

Ingredients:

Alaska salmon fillet, previously frozen, pin bones, skin and blood line removed, cut into half-inch cubes

1 1/2 lbs.

Green onions, thinly sliced

1/2 cup

Sweet or white onion, minced 1/8 inch

1/2 cup

White sesame seeds, lightly toasted

2 Tbsp.

Poke Dressing

Fresh garlic, finely minced

1 Tbsp.

Soy sauce

1 cup

Sesame oil

3/4 cup

Kosher salt

1/2 tsp.

Red pepper flakes

3/4 tsp.

Description:

In a stainless steel bowl, combine all ingredients. Gently mix to coat the fish. Store refrigerated for up to 2 days.

Chef's tips:

- *Best to let the poke marinate for 30 minutes before serving.*
- *Defrost fish in a perforated pan (covered) overnight to drain the juice from the fish.*
- *For the dressing, try making with toasted sesame oil for a rich flavor. Add 1 Tbsp. of local honey for a sweet note.*

The Base and Beyond

What to put in the bottom of the bowl? You can start with the classics like rice... white, brown or black. Or go greens or grains with foods like supergreens, quinoa or farro. The beauty of poke is that it also works beyond the bowl - on crostini, rice crackers, inside tacos, burritos, etc. The possibilities with poke are endless.