

Salmon Poke Bowls



PREP TIME: 45 minutes

COOK TIME: 0-2 minutes

SERVINGS: 5

This recipe takes the classic flavors you love in poke, and amplifies them by using sockeye salmon and a little lemon zest. We are going to provide options for a raw preparation as well as a quick 2-minute cooked version featuring spicy mayo. Both versions were winners in our taste tests so feel free to try a little of each.

INGREDIENTS



18 oz **SOCKEYE SALMON**

$\frac{3}{4}$ tsp **SEA SALT** plus more

$\frac{1}{2}$ - $\frac{3}{4}$ medium **SWEET ONION** sliced & rinsed

4 Tbsp fresh **SESAME OIL**

1 Tbsp **TAMARI** or **SOY SAUCE**

4 tsp **LEMON JUICE** (or rice vinegar)

ZEST from $\frac{1}{2}$ of a lemon

2 tsp **MIRIN** (or honey)

2 cups dry **SUSHI RICE**

$3\frac{1}{2}$ Tbsp **SUSHI RICE SEASONING**

4-6 **BABY CUCUMBERS** diced

2 small **AVOCADOS** cubed

FURIKAKE seasoning - optional

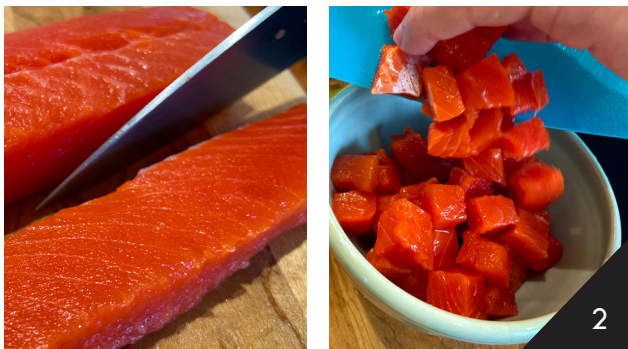
CRISPY ONIONS and **CRISPY GARLIC** - optional

ILIAMNA FISH CO.
✦ ALASKA ✦



1 PREPARE THE SAUCE

- ☐ In a small bowl, whisk together zest from $\frac{1}{2}$ lemon, 4 Tbsp sesame oil, 2 tsp mirin (or honey), and 3 tsp Tamari (or soy sauce). Set aside. When you zest the lemon remember to only remove the yellow part of the peel, leaving behind any of the white pith. Reserve lemon juice for the end.



2 CUBE THE SALMON

- ☐ Using a sharp knife, remove the skin from the fillet. For the cleanest presentation, divide the fillet lengthwise along the lateral line and trim away the grey portion. Cut the salmon into $\frac{3}{4}$ -inch cubes and transfer to a medium bowl. Drizzle half of the prepared sauce and $\frac{3}{4}$ tsp salt over the salmon and gently combine. Cover and refrigerate for 30 minutes.



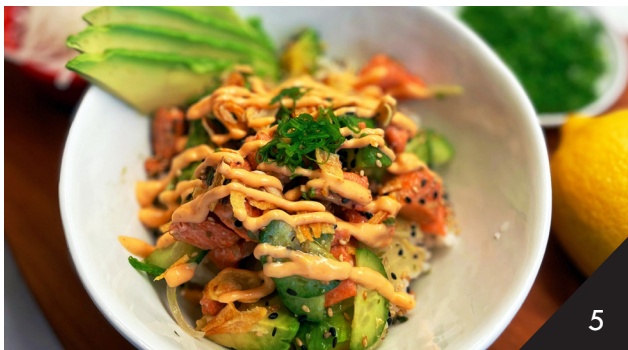
3 PREPARE THE RICE

- ☐ Rinse 2 cups sushi rice well, then cook according to package or rice-cooker instructions. When done, stir in $3\frac{1}{2}$ Tbsp sushi rice seasoning and gently fluff.



4 PREPARE THE VEGETABLES

- ☐ Wash and dry cucumbers. Slice lengthwise, then cut into half rounds or cube (approximately 2 cups). Thinly slice $\frac{1}{2}$ to $\frac{3}{4}$ sweet onion and place the sliced onion into a bowl of ice water. Change the water after 10 minutes, and then drain. Cube avocados.



5 ASSEMBLE THE RAW POKE

- ☐ Remove the chilled salmon from the refrigerator and transfer to a clean bowl, leaving behind any excess liquid. Add the prepared sweet onion, avocado cubes, sliced cucumbers, 4 tsp lemon juice, and the remaining sauce. Gently fold to combine.

6 OPTIONAL COOKED SALMON POKE

- ☐ Remove the chilled salmon from the refrigerator and transfer to a preheated air fryer and cook at 400°F for 2 minutes, or cook in a skillet for 1 minute while turning the cubes. Add the prepared sweet onion, avocado cubes, sliced cucumbers, 4 tsp lemon juice, and the remaining sauce. Gently fold to combine.

7 OPTIONAL SPICY MAYO

- ☐ Combine 2 Tbsp mayonnaise with $\frac{1}{2}$ tsp sriracha or Thai & True red curry paste to create a slightly spicy finishing sauce that goes great with the salmon. Try putting it into a sandwich bag and cutting the corner off to create a makeshift squeeze bottle.

8 PLATE THE DISH

- ☐ Scoop 1 cup cooked sushi rice into each bowl, then top with $\frac{3}{4}$ cup poke. Garnish with crispy onions, a pinch of crispy garlic, and a generous shake of your favorite furikake or white/black sesame seeds. Finish with a pinch of sea salt.