

Tuna Tataki Poke bowl, spicy mayo, edamame, sesame seeds, green onion - Virtual Workshop Version

Recipe for 2 portions



Description

This hawaiian poke bowl is simply delightful.

Note

You can use salmon or another fish instead of tuna!

Ingredients

Poke

- 150 Ml White rice
- 250 Ml Water
- 30 Ml Rice vinegar
- 50 Gr Edamame (soybeans)
- 3 Tbsp Sesame seeds
- 180 Gr Fresh tuna
- 1 Unit(s) Green onion
- 2 Tbsp Fries scallions
- 10 Gr Sugar

- Salt and pepper

Spicy Mayonnaise

- 1 Unit(s) Egg yolk
- 1 Tsp Dijon mustard
- 1 Unit(s) Lemon juice
- 1 Tsp Sriracha sauce
- 100 Ml Vegetable oil

- Salt and pepper

Preparation

- Preparation time **50.00 mins**

To prepare before class

Make sure all of your ingredients are out of the fridge and weighed if needed.

You will need :

2 small cooking pots, 1 pan, 1 mixing bowl, 1 whisk, 1 cutting board and 1 chef knife.

Preparation

Cook the edamame in a large pot of boiling salted water for 4 minutes.

Chisel the green onion.

Rice

Cook the rice in a pot with a lid for 14 minutes.

Remove from heat and leave aside for 5 minutes.

Season when still warm with sugar, salt and rice vinegar.

Mayonnaise

Mix the egg yolk with mustard and leave aside for 5 minutes.

Mix non stop with a whisk slowly adding the oil.

Add the lemon juice and the sriracha sauce and season to taste with salt and ground pepper.

Tuna tataki

Sprinkle your sesame seeds on a small plate, press your tuna on the sesame seeds to cover it's larger sides with those seeds, they will easily stick.

Pour a bit of vegetable oil and butter in a hot pan on high heat, once the butter foams, put in your tuna on one of the sides with the sesame seeds and cook for 45 seconds, repeat the same operation on it's other side. Then immediately put your tuna in the fridge to stop the cooking process.

Finally cut your Tuna in thin slices to serve over your rice.

Plating

In the bottom of your plate, put some rice with spicy mayo, add more rice.

Add 3 slices of tuna, edamame and more spicy mayo.

Garnish with green onion, sesame seeds and fried shallots.

Bon appétit!