



Poké bowl, Japanese-Hawaiian rice dish

Poké is basically a simple dish that was made by Polynesian fishermen in Hawaii, long before Western explorers arrived there with their ships. The fish was cut into pieces, salted, and served in halved coconuts found on the beach and topped with nuts. Later, the Chinese and Japanese came to the island with soy sauce and sesame oil, which replaced the salt.

It's said that it wasn't until the 1970s that the dish started being served the way it looks today, with a variety of toppings, but I think that it didn't see the light of day in much of the world until a lot later. In 2014 I was in Miami and saw an invasion of poké places and wondered what it was. I'd never seen such a dish before, and all of a sudden it was everywhere. The dish became the new sushi and people liked the soft rice topped with salmon, mango, crispy vegetables, and mayonnaise dressing.

Cook the rice according to the recipe.

Mix the onion with a tablespoon of rice vinegar, sugar, and water. Stand for at least 30 minutes at room temperature.

Put the radishes in ice cold water so they become crispy.

Toast the nuts in a dry hot pan.

Whisk the coconut cream, soy sauce, sesame oil, ½ tbsp. of rice vinegar, garlic, and ginger into a dressing. Turn the tuna over.

Allow the rice to cool slightly. Place in bowls.

Top with the vegetables, mango, nuts, and tuna. Sprinkle with the coriander and sesame seeds. Serve immediately.

4 servings

1 batch of black rice (see page 84)
1 red onion, finely sliced
1 ½ tbsp. rice vinegar
1 tbsp. granulated sugar
1 tbsp. water
8 radishes, thinly sliced
½ cup (50 g) unsalted cashew nuts
¼ cup (50 ml) coconut cream
2 ½ tbsp. light soy sauce
1 tsp. sesame oil
½ clove of garlic, finely grated
1 inch (2 cm) of ginger, finely grated
14 oz. (400 g) fresh or frozen tuna, diced
½ cucumber, diced
2 cups (200 g) shredded red cabbage
2 avocados, finely sliced
½ cup (60 g) edamame (jap. soybeans)
1 mango, diced
½ cup (10 g) chopped coriander
1 tbsp. toasted sesame seeds