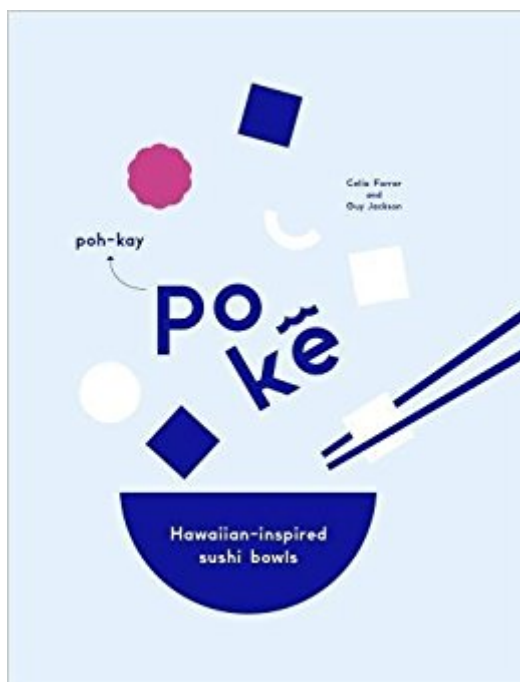


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# Poke: Hawaiian-Inspired Sushi Bowls



## Synopsis

If you're bored with sushi and sick of ceviche but still crave the taste of raw fish, prepare to pile in for the latest pescatarian food craze: pokf. Hailing from Hawaii, pokf - pronounced 'poh-kay' - is a colorful mix of raw cubes of fish (often tuna) with a soy-based dressing, served in a bowl with rice and garnishes. Anything goes when it comes to ingredients, and in Pokf you will learn how to create your own bowls of goodness. You simply select your base of choice (rice, salad, slaw), pick your pokf (salmon, tuna, tofu), then pimp it up with a zingy or fruity dressing and/or pickle. Easy! The possibilities are endless, but the results are always flavorful. Traditionally made with raw fish, pokf can even be adapted for vegetarians using delicious marinated mushrooms or beets, or silken tofu. You'll also find recipes for different toppings, vinegars, dressings, pickles, grains, and even sweet pokf varieties.

## Book Information

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## Customer Reviews

Pokf is a successful pop-up at Kerb London run by graphic designers CELIA FARRAR and GUY JACKSON who became obsessed with pokf after a trip to Hawaii. Since their opening last year, Hawaiian food, and pokf in particular, has become hugely popular.

Not only are the recipes beautiful and creative - but the book itself is so elegantly designed. It's quickly become one of my favourites.

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