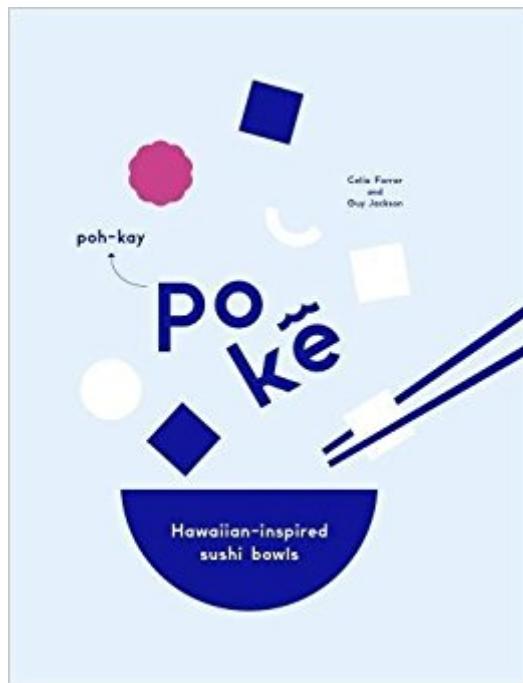


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# Poke: Hawaiian-Inspired Sushi Bowls



## 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: pokÃƒÂ©. Hailing from Hawaii, pokÃƒÂ© - 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 PokÃƒÂ© you will learn how to create your own bowls of goodness. You simply select your base of choice (rice, salad, slaw), pick your pokÃƒÂ© (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, pokÃƒÂ© 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 pokÃƒÂ© varieties.

## Book Information

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## Customer Reviews

PokÃ„â œ is a successful pop-up at Kerb London run by graphic designers CELIA FARRAR and GUY JACKSON who became obsessed with pokÃ„â œ after a trip to Hawaii. Since their opening last year, Hawaiian food, and pokÃ„â œ 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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