

## Salmon Poke with Crispy Rice

Saucy salmon on a bed of crispy rice with fresh veggies and a tangy yogurt sauce.



<b>YIELD:</b>	1 each	<b>SERVING SIZE:</b>	1 SERVING = 1 bowl	<b>SOURCE:</b>	Seattle Public Schools
<b>NUTRITIONAL CONTRIBUTION PER SERVING:</b> 4 oz meat/meat alternative, 1 eq grain, ½ cup vegetable					

INGREDIENTS	QUANTITY	DIRECTIONS
Salmon, cut into large cubes	4 ounces	<p><b>Day Prior to Service:</b> For the pickled vegetables:</p> <ol style="list-style-type: none"> <li>Combine water, vinegar, sugar, and peppercorns in medium bowl. Add julienned vegetables to bowl, cover with plastic wrap, and place in cooler overnight to pickle.</li> </ol> <p>For the Rice:</p> <ol style="list-style-type: none"> <li>Rinse the rice until water runs clear, add to small saucepan (can use hotel pan if cooking in oven or steamer). Add water, 1 teaspoon salt, and 1 tablespoon vegetable oil to pan, cook. Once full cooked, spread rice evenly onto parchment lined sheet pan and place in cooler.</li> </ol> <p><b>Day of Service:</b> For the Salmon:</p> <ol style="list-style-type: none"> <li>Heat 2 Tablespoons of vegetable oil in pan over medium heat.</li> <li>Add salmon to pan and sear on each side, add garlic and ginger to pan and sauté until translucent.</li> <li>While salmon is cooking, make the sauce by combining the oyster sauce, ponzu sauce, and brown sugar in a separate bowl.</li> <li>Deglaze pan by pouring sauce mixture. Once salmon is fully coated and cooked, turn off heat and set aside.</li> </ol> <p>For the rice:</p> <ol style="list-style-type: none"> <li>Cut rice into squares appx. 1 cup measurement per square.</li> <li>In a new pan, heat 2 tablespoons vegetable oil medium-high heat. Add rice squares to pan and brown on both sides – about 5 minutes on each side. Remove from heat and sprinkle with a pinch of salt.</li> </ol> <p>For service:</p> <ol style="list-style-type: none"> <li>Spread 2 teaspoons of yogurt sauce on crispy rice square, place on top of lettuce leaf, then top with 4 ounces of salmon and 2 tablespoons of pickled vegetables.</li> <li>Garnish with thinly sliced jalapenos and drizzle with sauce from the sauteed salmon.</li> </ol>
Oyster Sauce	4 Tbsp	
Ponzu Sauce	2 Tbsp	
Brown Sugar	1 Tbsp	
Rice Wine Vinegar	1 Tbsp	
Salt	To Taste	
Ginger, minced	2 tsp	
Garlic, minced	1 Tbsp	
Jalapenos, julienne	2 slices	
Pickled Vegetables (recipe follows on page 4)	As Needed	
Yogurt Sauce (recipe follows on page 4)	As Needed	
<b>RICE</b>		
Short Grain Rice	1 cup	
Water	2 cups	
Vegetable Oil	3 Tbsp	

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NUTRITION INFORMATION PER SERVING											
Calories	1376	Total Fat	51.3 g	Saturated Fat	10.2 g	Cholesterol	53 mg	Sodium	1624 mg	Protein	40.4 g
Total Carbohydrate	180.8 g	Dietary Fiber	5.4 g	Total Sugar	g	Vitamin D	0 mg	Calcium	246 mg	Iron	10 mg



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*Continued*

INGREDIENTS	QUANTITY	DIRECTIONS
PICKLED VEGETABLES (4 servings)		
Carrot, julienne	3 each	
Radish, julienne	5 each	
Red Onion, julienne	1 each	
Hot Water	1 cup	
White Vinegar	½ cup	
Granulated Sugar	1 tsp	
Peppercorn, whole	10 each	
YOGURT SAUCE		
Gochujang	2 tsp	
Yogurt, Plain	8 oz	
Sweet Thai Chili Sauce	2 Tbsp	
Sesame Oil	1 tsp	