



Crane Bay® Yellowfin Tuna Strips Poke Rice Bowl with Wasabi Peas (Serves 4)

Ingredients:

1 bag Crane Bay® Yellowfin Tuna Strips
(1lb); small diced
1TB sugar
1 tsp finely grated peeled ginger
4TB unseasoned rice vinegar
2 Persian cucumbers, thinly sliced

Kosher salt
2 scallions thinly sliced
3TB soy sauce
2TB mirin
2TB grapefruit
1TB lemon juice

24 oz steamed Japanese rice
4oz sushi seasoned rice vinegar
1 avocado, cut into ½" pieces
¼ cup of store bought wasabi green peas,
smashed in package
Furikake (for serving)

Preparation:

1) Take 2 cups of Japanese rice grain and cook according to rice cooker instructions. In a medium plastic bowl, cool down rice by adding sushi seasoned rice vinegar. Set aside. **2)** Whisk sugar, ginger and 2TB vinegar in a small bowl. Drain moisture from cucumbers by squeezer with a pinch of salt. Add cucumbers to the bowl. Chill for 30 minutes. **3)** Use top half of green onions and thinly slice diagonally. Place in bowl of ice water for about 15 minutes until curly. Remove and dry with paper towel. **4)** In a medium bowl whisk together soy sauce, mirin, grapefruit, lemon juice and 2TB vinegar. Add thinly sliced bottom half of green onions to mix. This makes Ponzu sauce. **5)** Add tuna to Ponzu sauce and coat well all over. Fold in avocado and pickled cucumbers. **6)** Fill four pasta bowls with 6oz of steamed rice. Divide tuna/avocado/cucumber mixture (this is the poke) evenly and top rice in each bowl. Garnish with wasabi green peas and furikake.

Please contact your DNI Group representative today.

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