

California Poke Bowl



24-Sept-2022

Level: Easy

Serves: About 7

Prep Time: 1 hour

Cooking Time: 1 hour 30 minutes



Sushi Rice:

4 cups raw white, brown, or multigrain rice

1 (2.64 oz.) package Tamanoi Sushinoko (Japanese powdered sushi flavoring)

Poke bowl toppings:

Japanese nori sheets (or pre-shredded nori)

2 large Japanese cucumbers

2 ripe avocados

2 (10 oz.) packages imitation crab, roughly chopped or shredded

1 (1.7 oz.) bottle Nori Komi Furikake

"Secret Sauce" (California roll sauce) - 1 cup mayonnaise, 1 tsp. roasted sesame seeds, 1½ tsp. toasted sesame oil, and 4 tsp. honey

Radish sprouts (optional, if available)

Tobiko (flying fish roe)

Bubu Arare (Japanese baked rice cracker topping)

For the sushi rice: Clean and prepare rice according to your rice cooker instructions. Let the rice sit in the water for 15 minutes before pressing the "COOK" button. When done cooking, let rice steam in the rice cooker for 15 minutes before transferring the hot rice to a large bowl. Sprinkle the entire package of tamanoi sushinoko over the hot rice and gently mix with a rice paddle until combined. With a wet paper towel, cover the top of the rice in the bowl to prevent rice from drying out, and set aside to cool slightly.

To prepare toppings:

- *Japanese nori sheets:* Cut nori into thin 1-inch strips. Store in an airtight container until ready to assemble poke bowls.
- *Japanese cucumbers:* Cut in half lengthwise, remove seeds. Cut into strips. Place in a shallow bowl and sprinkle with ¼ tsp. salt to remove water from cucumber. Let sit for 15 minutes. Lightly rinse cucumbers with water, then squeeze cucumbers gently to remove as much water as possible (like preparing namasu). Dry with paper towels, chop into bite-size pieces, and set aside.
- *Avocados:* Cut avocado in half, remove seed, scoop out meat, and cut into bite-size cubes. Set aside.
- *"Secret Sauce" (California roll sauce):* Mix the mayonnaise, sesame seeds, sesame oil, and honey until combined. Refrigerate until ready to assemble poke bowls.
- *Radish sprouts (optional):* Wash radish sprouts and drain well. Cut off and discard seeds from bottom. Set aside.

California Poke Bowl - continued

Layer in individual bowls to your liking: Sushi rice, nori strips, cut Japanese cucumbers, cubed avocados, roughly chopped imitation crab, sprinkle of furikake, drizzle of "secret sauce" (I put the sauce in a sandwich size Ziploc® bag, cut one corner, and squeeze diagonal lines across the top), prepared radish sprouts if available (FYI, this product hasn't been available locally for a few months now), sprinkle of tobiko, and sprinkle of bubu arare. Serve immediately.



Notes:

- If tamanoi sushinoko is not available, mix 2 tsp. salt, $\frac{1}{2}$ cup Japanese rice vinegar, and $\frac{1}{2}$ cup white granulated sugar in a bowl. Pour over cooked hot rice and mix.

Pictures of ingredients I used for California poke bowls:



Tamanoi Sushinoko
(Japanese powdered sushi
flavoring)



Imitation Crab



Nori komi furikake
(Rice seasoning)



Tobiko



Bubu Arare