

CHALK STREAM TROUT POKE BOWL

Poke bowl with ChalkStream trout and furikake, courtesy of Steve Groves, 2009 Masterchef Champion.

Serves 4

Ingredients

400g Skinless and boneless Chalk stream trout fillet

200g Frozen Edemame beans, defrosted

150g Grated carrot

200g Diced cucumber

150g Something pickled, I used a pink pickled coleslaw but you can mix it up! Kimchi would also be tasty. If you use pickled ginger 150g might be excessive!

Kewpie mayonnaise

Crispy shallots/onions

600g Cooked sushi rice

1 tbsp Soy sauce

1 tbsp Mirin

3 spring onions

1 tbsp furikake

Method

Cut the trout into 2cm dice. Mix the mirin, soy and rice wine vinegar (this mixture will coat the trout better if thickened with either xanthan gum, cornflour or arrowroot. I make a larger batch of it and keep it in the fridge) add the trout to the soy mix, slice the spring onion thinly on an angle then add that to the trout with half of the furikake. Mix and check seasoning.

Divide the rice between 4 bowls then share the toppings out on top of the rice, finish with some kewpie mayonnaise, crispy onions and the remaining furikake

NB The toppings can be change to suit your preference, avocado is good, seaweed salad is also nice, go wild!

