

## Salmon Poke

<http://userealbutter.com/2016/05/15/salmon-poke-recipe/>

1 1/2 lbs. sashimi grade\* salmon, skin removed  
1/4 cup soy sauce  
2 tbsps rice vinegar  
2 tbsps lemon juice  
1/2 cup huckleberries, fresh or frozen  
1/2 cup green onions, sliced thin  
2 tbsps vegetable oil with a neutral flavor  
1 tbsp sesame seeds, toasted  
2 avocados, peeled, pitted, and diced  
furikake  
1/4 cup tempura crunch (optional)

### tempura batter

1 cup ice water  
1 large egg, beaten  
1 cup flour  
1/8 tsp baking soda

\*Sushi or sashimi grade salmon is necessary because salmon is known to carry several parasites, and the freezing process (-20°C/-4°F for 7 days) is supposed to destroy any parasites that might be present in the fish.

**To make tempura crunch:** Combine the ice water and the beaten egg in a medium bowl. In a separate bowl, combine the flour and baking soda until blended. Pour the dry mix into the wet ingredients and stir together. It's okay if it is lumpy. Store the batter in the refrigerator until you are ready to use it. Heat 2-inches of oil in a medium saucepan to 350°F. Use a spoon to drizzle the batter into the hot oil. Fry until golden, then remove from hot oil and let the tempura drain on paper towels. When cooled, crush the tempura with your fingers or a blunt object.

**Make the salmon poke:** Remove any pin bones from the salmon by lightly running your fingers along the salmon and feeling for fish bone tips in the flesh. Needle-nose pliers work best to extract the pin bones. Cut the salmon into a 1/2-inch to 3/4-inch dice and place in a large bowl. In a measuring cup or other 1-cup vessel, stir the soy sauce, rice vinegar, and lemon juice together. Set the dressing aside. Add the huckleberries, green onions, vegetable oil, and sesame seeds to the salmon and toss together. Arrange the diced avocado on your serving plate(s). Drizzle half of the dressing over the salmon and toss quickly. Top the avocado with the salmon poke. Sprinkle furikake and tempura crunch over the poke and serve the rest of the dressing on the side. Serve immediately. Serves 4-6.

**Gluten-free notes:** To make this recipe gluten free you can make a handful of substitutions. Use tamari instead of soy sauce for the dressing. Omit the furikake altogether and in its place combine a tablespoon of crumbled nori (toasted seaweed), a tablespoon of dried bonito flakes (you can buy it in Asian grocery stores), a pinch of sugar, and a pinch of salt. Substitute chopped toasted macadamia nuts for the tempura crunch.