



THE R+R SHOW

EPISODE 3: HAWAIIAN AHI TUNA POKE BOWL

Bowl Ingredients

Ahi Tuna, fresh and cubed	1 lb
Sticky rice	2 cups (raw)
Soy mustard vinaigrette	2 cups
Avocado	2 each
Pickled bahn mi veg	3 cups
Pickled ginger	2 cups
Scallions	2 bunches
Furikake seasoning	to taste
Crispy onions	to taste
Spicy garlic aioli	2 cups

Soy Mustard Vinaigrette

yields 2 ½ cups

Sesame oil	3 tbsp
Blended oil	2 tbsp
Mustard powder	1 tbsp
Ginger, minced	1 tbsp
Garlic, minced	1 tbsp
Mirin	½ cup
Rice wine vinegar	½ cup
Gluten-free soy sauce	½ cup
Sugar	½ cup
Cornstarch	1 tbsp

1. Puree ginger and garlic with sesame oil in the blender until creamy. Transfer mix to a medium pot and cook at medium heat until aromatic.
2. Add the rest of the ingredients, except the cornstarch, to the pot and bring to a boil on medium heat.
3. Place the cornstarch in a small bowl and add a tbsp. of water, mixing it in to a wet paste.
4. Once the sauce comes to a boil, add the cornstarch mix by whisking it in. Let the sauce boil for at least 2 to 3 more minutes.
5. Remove sauce from heat and place in a container to let cool down completely. Sauce will thicken as it cools down.

Sticky Rice

Preferably use sushi rice like a Calrose or Nishiki rice, typically found in the Asian section of the supermarket. If not, any long grain white rice will be fine.

1. Measure out 2 cups of raw rice and rinse it under cool water until the water turns clear, rinsing out all the extra starch.
2. With A Rice Cooker: Place rice in the rice cooker with 1 ½ cups water and ¼ cup seasoned rice wine vinegar. Set rice cooker setting to white rice.
3. In a Pot: Place rinsed raw rice in a pot with ¼ cup of seasoned rice wine vinegar and 3 cups of water. Bring to a boil and then turn heat down to low. It should be simmering until all the water is consumed. Turn off heat and let steam for another 6 to 8 minutes.
4. In either case, once the rice is cooked, fluff with a fork.

Pickled Bahn Mi Vegetables

yields 3 cups

Rice wine vinegar	2 cups
Salt	1 tbsp
Sugar	1 tbsp
Daikon radish	1 each
Carrot	1 each
Cucumber	1 each
Jalapeño pepper	2 each
Spices	1 tbsp (coriander, cumin, chili flake, any spice you have)

1. Add sugar, salt, vinegar, and pickling spice in a pot and heat on medium until the sugar and salt dissolve. Set aside to cool.
2. Cut the radish and the carrots in thin sticks. Remove the seeds from the cucumber and cut into thin half wheels. Cut the jalapeños in half and remove the seeds, then cut into thin sticks.
3. Place all the vegetables in a container and pour the room-temperature pickling juice into the container, making sure the vegetables are completely submerged.
4. Let sit for at least an hour before use.

Spicy Garlic Aioli

yields 3 cups

Jalapeño pepper, seeded and minced	1 each
Shallot, minced	1 each
Ginger, minced	1 tbsp
Garlic, minced	2 tbsp
Mayonnaise	2 cups
Rice wine vinegar	1 tbsp
Mirin	1 tbsp
Soy sauce	2 tbsp
Sesame oil	1 tbsp
Sambal	2 tbsp

1. Cook the jalapeño, shallot, ginger, and garlic in a pan until aromatic.
2. Mix all the ingredients in a bowl and incorporate well.

Plate Up

1. Place warm rice in whatever bowl you wish to serve the dish in.
2. Drizzle soy mustard vinaigrette on rice.
3. Put ahi tuna in a mixing bowl and add soy mustard vinaigrette, just enough to coat.
4. Place tuna on top of rice, making a vertical strip down the middle. To the right, place chopped avocado in the same vertical strip. To the right of the avocado, place the pickled ginger. To the left of the tuna, place the pickled bahn mi vegetables.
5. Sprinkle the scallions over the dish and drizzle the spicy garlic aioli.
6. Finally, sprinkle the crispy garlic and furikake seasoning as the final toppings.

COPA Gin & Tonic

makes 1 cocktail

Aviation gin	2 oz.
Lemon wheel	1 ea.
Rosemary sprig	1 ea.
Juniper berries	3 ea.
Tonic water	to taste

1. Combine all ingredients in a glass with ice.
2. Top with your favorite tonic water.