

The book was found

The Poke Cookbook: The Freshest Way To Eat Fish



Synopsis

Poke, the traditional Hawaiian snack of raw fish seasoned with soy sauce and sesame oil, has hit the mainland. On the islands, it's the casual dish that brings everyone together—but now you can bring these flavors into your own kitchen with 45 recipes for traditional poke, modern riffs, bases, bowls, and other local-style accompaniments. From classic Shoyu Ahi to creative Uni, Lychee, and Coconut to vegetarian Mango and Jicama, poke is delicious, simple, and endlessly customizable.

Book Information

Hardcover: 96 pages

Publisher: Clarkson Potter (January 24, 2017)

Language: English

ISBN-10: 0451498062

ISBN-13: 978-0451498069

Product Dimensions: 8.1 x 0.4 x 8.2 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 10 customer reviews

Best Sellers Rank: #102,309 in Books (See Top 100 in Books) #4 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Hawaii #8 in Books > Cookbooks, Food & Wine > Asian Cooking > Pacific Rim #29 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fish & Seafood

Customer Reviews

Food writer Martha Cheng contributes to publications such as *Eater* and *Condé Nast Traveler*. She was previously the food editor at *Honolulu Magazine*, and has worked in kitchens in Hawaii and Northern California. She lives in Honolulu.

While I have no expertise in Hawaiian food, my adult son spent many summers in Hawaii. He assures me that this cookbook in its classics section reflects true Island flavors and that the remainder of the book reflects Island sensibilities. The traditional raw, seared or cooked fish pokes recipes are fundamental to understanding the remainder of the cookbook. The author suggests alternative fish and at times, alternative ingredients if you cannot obtain the required ingredients. The result is that you can quickly become an "extemporaneous" poke cook using what is available in the current season in your locale. This freedom in recipes is enhanced by the inclusion of the

South Asian "Bhelpuri Shrimp", the "Moroccan Blackened 'Ahi", the Peruvian "Mahimahi Ceviche with Mango and Liliko'i" More surprising is the Vegetable Poke section where vegetables, generally cooked, are presented in poke style. Several recipes here are excellent outside this context e.g. "Sweet Potato and Cilantro", "Beet and Macadamia", "Carrot Ginger". These recipes are good but not particularly innovative. The book closes with bases for Poke Bowls giving a complete meal - here contemporary food trend show as in the cauliflower rice "Kimchi-Cauli Rice", "Poke 'Nachos" ... and a few drinks, snacks, etc. to create a complete meal.

LUV IT! ! If you're a beginner this is the book for you! Easy to read easy to follow well written

Fell in love with Poke on recent trip to Hawaii. Recipes are nicely explained great pictures

intresting

Excellent recipes

Great recipes for poke! Very easy to use.

for those of us who love poke, this is an excellent book

Great recipes for the beginner.

[Download to continue reading...](#)

The Poke Cookbook: The Freshest Way to Eat Fish Smoking Meat: Fish Edition: Top 25 Amazing Smoked Fish Recipes (Smoked Fish Recipes, Smoked Fish Cookbook, Smoked Fish Guide, Unique Smoking Fish Recipe Book, Smoking Meat, BBQ Cookbook) Smoking Meat: Fish Edition. : Delicious Smoking Fish Recipes for Everyone (Book 2, Smoked Fish Recipes Cookbook, Smoked Fish Guide, Unique Smoking Fish Recipe Book, Smoking Meat, BBQ Cookbook) One Fish Two Fish Red Fish Blue Fish (I Can Read It All by Myself) Poisson Un Poisson Deux Poisson Rouge Poisson Bleu: The French Edition of One Fish Two Fish Red Fish Blue Fish (I Can Read It All by Myself Beginner Books (Hardcover)) One Fish Two Fish Red Fish Blue Fish (Beginner Books(R)) What Pet Should I Get? and One Fish Two Fish Red Fish Blue Fish Robotic Fish iSplash-MICRO: A 50mm Robotic Fish Generating the Maximum Velocity of Real Fish (High Speed Robotics. Mechanical engineering and kinematics for maximum velocity robot fish. Book 4) 201 Organic Baby Purees: The

Freshest, Most Wholesome Food Your Baby Can Eat! Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Martha Stewart's Vegetables: Inspired Recipes and Tips for Choosing, Cooking, and Enjoying the Freshest Seasonal Flavors Urban Dictionary: Freshest Street Slang Defined Sam Choy's Little Hawaiian Poke Cookbook One Fish, Two Fish, Three, Four, Five Fish (Dr. Seuss Nursery Collection) Smoking Fish vs Meat: The Best Recipes Of Smoked Food: [Unique Smoking Meat Cookbook, Top Delicious Smoked Meat Recipes,Barbecue Smoker Cookbook, A Unique Barbecue Guide, Best Recipes of Smoked Fish] Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Eat & Explore Ohio Cookbook & Travel Guide (Eat & Explore State Cookbook) Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)