



Recipe by Chef Anna

Servings: 4

Prep: 25 minutes

### Ingredients:

2 dl (1 cup) barley pearls

2-3 branches of mint

2 avocados

300g (10.5 oz) cold smoked salmon

8 small tomatoes

150g (5.5 oz) salad mix

110g (5 oz) broccoli or other sprouts

2 green onions

salt and pepper

4 poached eggs

### Dressing:

1 dl (1/2 cup) hollandaise sauce

1dl (1/2 cup) plain yogurt

## Finnish Poke Bowl

Boil barley pearls according to directions on package. When cooked, drain and rinse with cold water. Add minced mint leaves to barley. Peel and slice avocados. Cut cold smoked salmon in little cubes. Chop tomatoes. Combine barley, salmon, avocado, tomatoes, salad mix, sprouts and green onions. Season with salt and pepper and divide into 4 bowls. Mix hollandaise sauce and yogurt, spoon over bowls. Top with a poached egg if desired.

### NOTE:

See Hollandaise sauce recipe.



## Finnish version of Hawaiian Poke Bowl -

I got to know the Poke bowl when we moved to the US a few years ago. Poke (POH-KAY) means “to cut crosswise into pieces”. What exactly is it? It’s Hawaiian Pupu, bite-sized appetizers or hors d’oeuvres. I feel little bad I didn’t take any Poke pictures while visiting the Aloha-state last year! I’ve always been sushi and raw fish lover and when I was introduced to this dish I completely fell in love. I love insanely spicy, mouth burning food and that made me love Poke Bowls even more. It comes in many varieties and spiciness levels. The salty soy sauce, sesame oil, green onions, white onions, lime, chili peppers with raw tuna fish and white rice seasoned with vinegar is one of my favorites and is also the most traditional Hawaiian poke bowl. Poke is healthy, delicious and totally unique.

Poke has always been a part of Hawaiian cuisine but gained popularity in the seventies when advanced fishing techniques made deep-sea fish like Ahi more accessible. Ahi’s ruby red, firm flesh is more appealing than some of Hawaii’s shore fish, which have more grayish and pastelike meat. Today, Poke is also made from salmon, ahi limu (yellowfin tuna algae), tofu, tako (octopus) and much more. It was fascinating to visit local supermarkets and notice how many different types of Poke they have available. Poke flavorings may include wasabi, spicy mayo, kimchi, oyster sauce and more. Poke doesn’t even have to be raw. Cooked octopus Poke is a local favorite and some local chefs makes a fried Poke! There were entire counters devoted to Poke with different varieties in each store I walked into. Oh, it was my heaven. I wanted to taste all of them!

The new Poke bowls incorporate ingredients like quinoa, zucchini noodles and tomatoes. My Finnish Poke bowl includes barley! These reimagined bowls are far from Hawaii’s classics, but they are even more health-orientated. Personally, I love the idea of reimagined recipes. Classics are classic – but who says you can’t make something new?!?

What should you drink with Poke bowls? It’s perfect with beer, they say, but I prefer good quality chardonnay or bubbly water. **Enjoy!**



Recipe by Chef Anna

Servings: 4

Prep: 5 minutes

# Hollandaise Sauce

## Ingredients:

### Broth:

3 shallots

1 ½ dl (5 oz) white wine vinegar

1 ½ dl (5 oz) dry white wine

3 branc hes of parsley

10 white pepper corns

1 whole clove

### Add:

160g (1 cup) butter

3 egg yolks

1 tbs lemon juice

Peel and mince shallots. Add all the broth ingredients to a pan. Boil until reduced by half. Strain and let cool.

Melt butter and let it cool slightly. Pour clear part of the butter to another bowl (discard solids).

Place egg yolks and strained broth into a metal bowl – make sure your bowl fits on top of the saucepan you are using! Bring saucepan with water to a boil, then turn off the heat. (Water should steam but not to boil). Place the metal bowl with the egg mixture on top of the saucepan (make sure the bowl does not touch the water!) and whisk egg-broth mixture continuously until it starts to thicken. This takes few minutes. Add melted butter one tablespoon at a time to egg-broth mixture. Don't add butter too fast, the mixture won't thicken. When all the butter is mixed in, add lemon juice.

## NOTE:

Poached eggs – Pour 2 tbs of vinegar into a saucepan of water. Bring the water to a boil, then reduce temperature. Crack eggs one at a time, into a small bowl. When water reaches a gentle simmer, gently transfer eggs into simmering water. Poach the eggs for 3 minutes. When the whites become opaque they are done. Gently remove eggs with a slotted spoon.

# Hollandaise Sauce

