

Benjamin Brown, Chef/Culinary Services Supervisor, St. Charles Medical Center, Redmond:

Poke Tuna with Goma Wakame, Wasabi Tobiko and Sesame Won Ton

This is my interpretation of a traditional Hawaiian dish. This is a delicious appetizer and works well as a passed hors d'oeuvre.

For Poke:

Combine all ingredients in mixing bowl, mix well and refrigerate for two hours before serving

1# Ahi Tuna(sushi grade) Small Dice

1T. Shallot Small Dice

1t. Toasted Sesame Seeds

1T. Sesame Oil

1T. Light Soy Sauce

Dash Seasoned Soy Sauce

Dash Sugar

Splash Sambal

Salt and Pepper to taste

2T. Green Onion Sliced Thin on Bias

For Won Ton Crisps:

Cut Won Ton wrappers corner to corner, lightly brush with egg wash then sprinkle with sesame and black sesame seeds. Deep fry until golden brown, remove from oil and immediately season with salt and pepper

4-5 Won Ton Wrappers

1 Egg Beaten

1t. Sesame Seeds

1t. Black Sesame Seeds

Salt and Pepper to taste

For presentation:

Goma Wakame (seaweed salad)

1 T. Wasabi Tobiko (flying fish roe)

Sesame Won Ton Crisps

For presentation layer 3 T. Goma Wakame with about 3T. Poke Tuna, top with 1 T. Wasabi Tobiko.

Serve with Sesame Won Ton crisps. Decorate plate with cilantro ginger oil, red chile oil, and wasabi soy sauce.

Passed hors d'oeuvre Variation: Layer ½ T. Goma Wakame and ½ T. Poke on top of Won Ton Crisp top with 1t. Wasabi Tobiko.