

Grocery and Equipment list: **Samurai Salmon Poke Bowl and Luscious Lemon Squares**

SAMURAI SALMON POKE BOWL

Fridge:

1 carrot
1 lb (500 g) sushi grade salmon, **skin and visible fat removed by store!** I buy it the same day that I am using it at Avenue Road Seafood, City Fish, or Pusateris (OR sushi grade tuna OR 1 block extra firm tofu)
1 mandarin orange
1 sweet pepper (any colour)
English cucumber
Enoki mushroom (optional)
Green onions
Jalapeno pepper
Light tamari
Mayonnaise
Rice vinegar
Sriracha
Toasted sesame oil



Pantry:

2 large shallots
Avocado oil (Chosen Foods)
Black sesame seeds
Garlic clove
Jasmine rice
Kosher salt
Nori sheet (optional)
Sweet onion (Vidalia or red)
Wasabi peas (optional)
White sesame seeds



Equipment:

Cutting board
Knife
Measuring cups and spoons
Medium bowl
Medium pot and lid (to cook rice)
Paper towel
Plate
Small bowl
Small frying pan
Tongs
Whisk



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LUSCIOUS LEMON SQUARES

Fridge:

½ cup unsalted butter (1 stick)
2 eggs
2 lemons (using juice and peel)

Pantry:

All-purpose flour
Brown sugar (I use Muscovado dark Camino)
Granulated or cane sugar (I like the organic Kirkland or PC organics)
Baking powder
Icing sugar



Equipment:

8-inch square baking pan (preferably metal)
Citrus zester
Food processor (or bowl with pastry cutter)
Measuring cups and spoons
Medium bowl
Oven
Oven mitts
Parchment paper
Small bowl Knife
Trivet
Whisk