

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

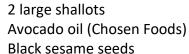
Light tamari

Mayonnaise

Rice vinegar

Sriracha

Toasted sesame oil Pantry:



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









Grocery and Equipment list:

Samurai Salmon Poke Bowl and Luscious Lemon Squares

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