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## Poke: Hawaiian-Inspired Sushi Bowls PDF



by Guy Jackson : **Poke: Hawaiian-Inspired Sushi Bowls**

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PDF-bb687 | If you're bored with sushi and sick of ceviche but still crave the taste of raw fish, prepare to pile in for the latest pescatarian food craze: poké. Hailing from Hawaii, poké - pronounced 'poh-kay' - is a colorful mix of raw cubes of fish (often tuna) with a soy-based dressing, served in a bowl with rice and garnishes. Anything goes when it comes to ingredients, and in Poké you will learn how ... *Poke: Hawaiian-Inspired Sushi Bowls*

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