

HULI HULI SALMON BOWL

Yield: 8 Portions

Ingredients	Amounts
<i>Huli Huli Marinade</i>	
Brown sugar, packed	1 cup
Ketchup	$\frac{3}{4}$ cup
Soy sauce, low sodium	$\frac{3}{4}$ cup
Sake, sherry, or vegetable stock	$\frac{1}{4}$ cup
Ginger, minced	1 Tbsp.
Garlic, minced	1 Tbsp.
Sesame oil	1 Tbsp.
Salmon, boneless, skin on, 4 oz pieces	8 ea.
<i>Grilled Pineapple and Red Onions</i>	
Red onions, sliced $\frac{1}{2}$ " thick rings	2 ea.
Pineapple, cored, cut in $\frac{1}{2}$ " rings	3 ea.
Sesame oil	1 Tbsp.
Togarashi	as needed
Salt	as needed
Olive oil spray	as needed
Multigrain Mix (recipe follows)	8 cups
Cucumber ribbons, no seeds	1 cup
Carrot Pickles (recipe follows)	1 cup
Avocado, sliced	2 ea.
Green onions, sliced	$\frac{1}{2}$ cup
Micro cilantro	$\frac{1}{2}$ cup
Furikake or black sesame seeds	1 Tbsp.

Method

1. *For the Huli Huli Marinade:* In a large bowl, combine all the ingredients in a bowl. Reserve and refrigerate $\frac{1}{2}$ cup of the mixture for basting the fish and red onions.
2. Add the salmon to the remaining mixture, and stir or shake until evenly coated. If using a bowl, cover with plastic wrap. Refrigerate 4 hours, turning the salmon at least once.
3. *For the Grilled Red Onion and Pineapple:* Preheat a grill.
4. Brush the red onions and pineapple with the sesame oil, and season with salt.
5. Grill on both sides until cooked through, well-marked and caramelized.
6. Cut the pineapple into chunks, separate the onion rings, and sprinkle with togarashi. Set these aside.
7. *For the Salmon:* Add the salmon to the grill, cover, and cook 4-8 minutes, turning to keep the salmon from burning. Baste it with the reserved marinade after you turn it, until cooked

through. (Cook times will vary depending on sizes and width of the salmon, so be sure to check for doneness.)

8. Toss the cucumber ribbons with the pickled carrots.
9. Place a spoonful of the Multigrain Mix in a bowl. Top with some grilled diced pineapple chunks, cucumber ribbons, grilled red onions, carrot pickles, and avocado slices. Place a portion of the salmon on top. Sprinkle with green onions, micro cilantro, and furikake.
10. Serve immediately.

Note: if Togarashi is not available, substitute a pinch of cayenne and toasted sesame seeds. If furikake is not available, substitute toasted black sesame seeds.

MULTIGRAIN MIX

Yield: 6 Cups

Ingredients	Amounts
<i>Sushi Rice Mix</i>	
Rice vinegar	1 cup
Sugar	4 Tbsp.
Salt	2 tsp.
Konbu, small pieces	1 pc.
Quinoa, cooked, warm	2 cups
Brown rice, short grain, cooked, warm	2 cups
Purple barley, cooked., warm	2 cups
White short grain rice, cooked, warm	2 cups
Edamame, blanched	2 cups

Method

1. *For the Sushi Rice Mix:* Combine the ingredients in a small pot. Heat over low heat until the konbu is soft to the touch, approximately 10 minutes. Do not let the liquid boil. Remove the konbu and let cool.
2. Combine rice and grains. Gently mix. Place rice mixture on a hotel pan – sprinkle with sushi rice mixture, fanning the mixture to cool.
3. Fold in edamame just prior to serving.

Note: Use a variety of whole grains to replace any of the above grains. Spelt, kamut, wheat berries, millet, black rice or sorghum are all good substitutes. Select a variety of textures. If konbu is not available, omit from recipe.

PICKLED CARROTS

Yield: 2 Cups

Ingredients	Amounts
Carrots, julienne	2 cups
Rice wine vinegar	½ cup
Sugar	1 Tbsp.
Salt	1 tsp.
Sesame oil	1 tsp.

Method

1. Place the carrots in a bowl. Season with salt and pepper.
2. Combine the vinegar, sugar and remaining salt in a small sauce pot. Bring to a simmer and pour over the carrots. Mix well and place a weight on top of the carrots to submerge below the liquid. Let cool.