

# SHOYU BEET POKE BOWL

Submitted by Andy Nguyen at Peace Health Saint Joseph, Washington

SERVES 6 | PORTION 3 cups

## INGREDIENTS

24 oz. beets, gold fresh  
6 oz. onion, yellow, jumbo fresh  
4 oz. soy sauce, tamari, GF  
2 oz. wine, rice mirin sweet  
6 oz. rice vinegar (Japanese)  
2 oz. honey, clover grade a  
1 tbsp. sambal hot sauce  
1 clove/2 tbs. garlic, peeled  
1 oz. and 1 tbsp. ginger root, fresh  
2 oz. scallion, green iceless, fresh  
1.5 tbsp. sesame oil (Chinese)  
12 oz. pineapple, fresh  
1 tbsp. canola/olive oil blend  
6 oz. pineapple juice, canned,  
1 tbsp. turmeric, ground  
1 tsp. red chilli flakes  
8 cups sushi rice  
4 oz. radish, fresh, diced\*  
8 oz. carrot, matchsticks 1/8" \*  
2 avocados, ripe\*  
8 oz. macadamia nuts, crushed\*  
8 oz. edamame, shelled\*  
1 cucumber, fresh, English, diced\*  
8 oz. radish, watermelon, sliced\*  
2 jalapeno peppers, fresh, sliced\*  
4 oz. sesame oil (Chinese)  
Sesame seeds\*

## PREPARATION

- 1. Roast beets** Wash beets and place in a 2" pan, add 1" of hot water, cover with foil, and roast in the oven at 350° for 1 hour until beets are tender. (Choose beets similar to ensure they cook evenly.) Once tender, peel beets and set them aside to cool. (Rubbing the beets with dry towels helps the skins come off easily.) Once cool, dice beets into 1"x1" cubes, resembling cubed ahi tuna.
- 2. Shoyu marinade** In a bowl add soy sauce, mirin, rice wine vinegar, honey, and sambal hot sauce. Finely dice onion, ginger, and garlic, whisk in sesame oil and fold in green onion. Stir together and mix until incorporated. Pour mixture over roasted beets and marinade.
- 3. Pineapple chutney** Dice pineapple. In a saute pan add diced onion, chopped garlic, red chili flakes, turmeric, and olive oil saute for 2 minutes until sweated and translucent. Add pineapple and continue to cook for 5 minutes. Deglaze with rice wine vinegar and pineapple juice. Reduce for 15 minutes until the pineapple is plump.
- 4. Plating** Chill until needed. Assemble. Scoop sushi rice in the center of the bowl. Arrange the rice, beets, garnishes (\*), and condiments to your liking. Enjoy.

