

Poke Sauce



Poke (pronounced Po Kay) is just a spicy and salty sesame sauce that is often served over raw fish in Hawaii. Some recipes call for shallots. I actually prefer the sauce with the green onions.

Since I also prefer my fish cooked, I drizzle it over cooked fish. It's always a hit with diners.

Preparation time: 10 minutes

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients before assembling.

Poke Sauce

3 T. – about 1 shallot (sliced and chopped)
or
1/2 cup chopped green onion
3 tablespoons low-sodium soy sauce or tamari
1 teaspoon sesame oil
1 teaspoon Asian chili/garlic sauce
1/4 tsp. freshly grated ginger
1 tablespoon sesame seeds (toasted)
2 T. low-sodium vegetable broth

Assembly Instructions

Combine all ingredients in a small bowl. Let stand about 10 minutes. Drizzle a couple teaspoons over your fish just before dining.

