

Poke Sauce

Poke Sauce (pronounced Po-KAY) is simply a spicy and salty sauce served over raw and cooked fish that has its origins in Hawaii and Japan. Some recipes call for shallots, but I like to use green onions.

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

Preparation time: 10 minutes

Organize Your Ingredients!

Notes on Organizing

Prep all ingredients before assembling.

Poke Sauce

3 T. (About 1 shallot) peeled and finely chopped)

-or-

1/2 C. Chopped green onions

3 T. Low-sodium soy sauce or tamari

1 tsp. sesame oil

1 tsp. Asian hot chili sauce or equivalent

1/4 tsp. Freshly grated ginger

2 T. Sesame seeds (toasted)

2 T. Low sodium vegetable broth

Assembly Instructions

Combine all ingredients in a small bowl, and stir well. Let stand until ready to serve the meal. Drizzle over fish just before serving.

(It's also really good drizzled over vegetables.)