

Myerberg Center - Cooking with Chef Alba

“Summer Salads from Land and Sea”

POKE BOWL WITH AVOCADO SALMON AND RICE

½ - ¾ lb. piece of smoked Salmon
2 tomatoes, cubed or thinly sliced
1 avocado, cubed or thinly sliced
1 mango, cubed or thinly sliced

½ cup Shelled edamame (pre-cooked, or cook)
4 radishes, thinly sliced
Toasted Sesame seeds to taste
2-3 sheets seaweeds

HOW TO MAKE SUSHI STYLE RICE

1 ½ cups Sushi style rice (Japanese short grain rice) or short-grain white rice
1 ½ cups water
1 tsp salt

1. Place rice in a bowl with lots of cold water, using your hand swish the rice around. Let sit for 2 minutes. Rinse the rice again for 1-2 minutes until the water runs almost clear.
2. Let the rice sit/rest in a bowl of cold water for at least 1 hour.
3. Strain the rice and transfer it to a pot. Add 1 ½ cups of cold water, salt. Bring to a light boil. Remove from stove and cover the lid of pot with a rag (kitchen towel), then place the lid on top. Arrange the rag so it is not sticking out of the pot for fire safety.
4. Return to stove and cook for 12 minutes on low. Turn off stove, do not remove lid. Allow to sit with the lid on for another 5 minutes. Then remove the lid and it's ready to serve.

HOW TO ASSEMBLE POKE BOWL:

5. In the meantime, cut the avocado, tomatoes and mango into cubes or slices. Slice the radishes. Steam or blanch the edamame and cool (unless pre-cooked). Break up the salmon, place it in a bowl.
6. At this point, take individual bowls and compose your poke bowl. Put rice on the bottom, then place salmon on one side, and then the avocado, mango, edamame, radishes, tomatoes and a handful of seaweed. Finish with a sprinkling of sesame seeds and serve.

AEOLIAN ISLAND SALAD (POTATOES, TUNA, OLIVES)

2 cans good quality tuna in olive oil, well drained
2 large Yukon gold potatoes
10 -12 multi-colored cherry tomatoes, cut in half lengthwise
10 pitted green olives
1 tbsp capers in brine, drained
1/2 red onion, thinly sliced

3-4 tbsp extra virgin olive oil
1 tbsp red or white wine vinegar
Fresh basil
¼ - ½ tsp dried oregano
Salt and black pepper

1. Boil potatoes in lightly salted cold water with 1 tbsp apple cider vinegar for 20-30 minutes or until tender by piercing with a skewer or sharp knife. Drain them, let them cool, and peel them. Then proceed to cut them into squares.
2. Cut the cherry tomatoes in half lengthwise. Cut the red onion into thin slices.
3. In a large bowl, add potatoes, tuna, cherry tomatoes and sliced onion. Add pitted olives and capers.
4. In a small bowl add dried oregano, a few leaves of basil, then season it with a pinch of salt and pepper, ½-1 tablespoon of vinegar, and extra virgin olive oil. Drizzle dressing over the salad. The Aeolian salad is ready.

LENTIL SALAD WITH CARROTS AND MULTICOLORED TOMATOES

2 ½ - 3 cups precooked brown lentils
1 stalk of celery, minced
1 small carrot, shaved
10-12 small red and yellow tomatoes, cut into quarters
4-5 pickled gherkins, cut into slices

1 tsp. capers in brine, drained
Fresh basil
Salt and pepper
Extra virgin olive oil
1 tbsp apple cider vinegar

1. Drain lentils from their cooking water if you have cooked from scratch. Transfer cooked lentils to a bowl.
2. Add celery, capers, and carrots. Continue with red & yellow cherry tomatoes. Top gherkins. Season with a pinch of salt and flavor & chopped basil.
3. In a small bowl add the olive oil and apple cider. Add salt if needed. Drizzle dressing over salad. Mix thoroughly, to distribute flavors, then transfer everything to the refrigerator for 1 hour. Serve in individual bowl with fresh basil.