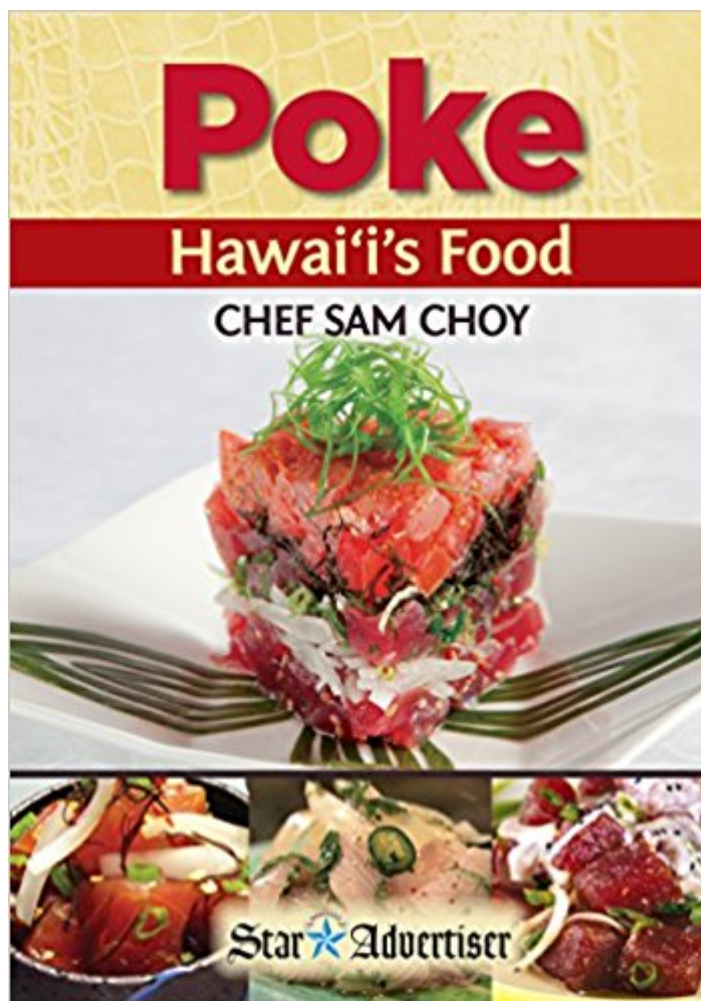


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# Poke: Hawaii's Food



## Synopsis

Poke is Hawaii's food, popular everywhere in the Islands and now in many places on the mainland U.S. as well. There are so many ways to make poke so many directions to go. Just about anything can be done. Anyone can become a creative chef mixing and matching their favorite seafood or other ingredient with the basics of soy sauce, sesame oil, and Hawaiian sea salt. With over 110 recipes, including contributions from his chef friends, Sam demonstrates poke's amazing versatility from traditional poke dishes, to recipes influenced by the flavors and seasonings brought to Hawaii by Asian newcomers, through dishes patterned after ceviche, carpaccio, tartare, and other preparations of raw fish. There is even (slightly) cooked poke and the new wave of poke dishes that take poke to unprecedented culinary heights. Immersed in the foods of the Islands since childhood, Sam had the vision to see that poke could become Hawaii's signature dish. Not surprisingly this king of local (Hawaii) food is a natural for this role. It has history, it is easy to prepare and transport, it is versatile, and it allows for innovation. Whether you enjoy eating or preparing poke, whether you are a true aficionado or just like to order poke at your favorite restaurant, there is a recipe for you in this book.

## Book Information

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## Customer Reviews

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Choy learned cooking basics from his family's lu'au catering business.

Beautiful book with great photography. I'm looking forward to making lots of different Poke. I'm surprised at the sheer number of recipes included. I could make a different poke every day for a long time! (And tasty looking ones too!) I expect I'll probably be buying this again for gifts.

Just recently had my first poke and wanted to make my own at home. This book was a lot of fun to look through and pictures are wonderful. The hardest part is finding suitable fresh and good quality fish.

I have tried and shared many of the recipes in this book. This my second purchase of this book and this one was used as a Christmas Gift to my Sister in Law. She loved it.

Just having returned from Hawaii and enjoying the Poke from stores and restaurants, we were very happy to get this book!

If you like poke, and plan on making your own, there is no reason to read any further than the next 3 words, BUY THIS BOOK. For the uninitiated, Sam Choy is the man that, for lack of a better term, popularized poke. In this book, his father's recipe with the peanut butter in it, is a MUST TRY. Don't forget the chili oil. If you are all "well let me read a few more reviews to see if I want this book", you are a hopeless case, kill yourself. If you don't know who Sam Choy is, kill yourself again. Sam thanks for all the happy yummy food and ohana and sorry about the grouchy review.

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