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### **The Poke Cookbook The Freshest**

The last chapter gives us what Hawaiian snacks to eat with a melting pot of food influences that goes well with every dish. This is a well-written cookbook that feature poke bowls, Hawaiian comfort foods and snacks for every food lifestyle choice it caters. An excellent cookbook to have in your kitchen library.

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Poke, the traditional Hawaiian snack of raw fish seasoned with soy sauce and sesame oil, has hit the mainland. On the islands, it's the casual dish that brings everyone together--but now you can bring these flavors into your own kitchen with 45 recipes for traditional poke, modern riffs, bases, bowls, and other local-style accompaniments.

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Now, Hawaiian food writer and professional cook Martha Cheng gives a fresh take on this casual, savory dish that's supereasy to make. A gateway to Hawaiian food and a new spin on ever-popular Asian cuisine, The Poke cookbook will be at home in any kitchen"

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Poke (meaning “to slice” or “to cut into pieces” in Hawaiian) is a casual dish with a rich culinary history in the islands. It brings everyone together and is endlessly customizable. In The Poke Cookbook , Cheng offers recipes that include classic poke and modern riffs, as well as bases, bowls, and local-style accompaniments.

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The poke cookbook : the freshest way to eat fish. [Martha Cheng; Aubrie Pick] -- "Poke has hit the mainland! Meaning "to slice or cut" in Hawaiian, poke is pieces of raw ahi marinated in soy sauce and sesame oil and topped with seaweed.



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