



KŌKUA LEARNING FARM

BEET POKE

SERVINGS: 2

PREP TIME: 10 MIN

COOKING TIME: 0 MIN

Ingredients

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| 1 large beet, washed, rough ends trimmed | 1 tsp. of shoyu |
| 1 Tbsp. fresh ogo/seaweed, chopped | 1 tsp. chili flakes |
| 2 stalks of green onion, cut into small pieces. | 1 Tbsp. of sesame oil |
| 2 tsp. 'inamona (roasted kukui nut) | 1 tsp. ginger, minced |
| | 1 clove garlic, minced |
| | 1 tsp. salt |
| | 1 Tbsp. sesame seeds |

Directions

1. Place beets in a pot with water and 1 teaspoon of salt. Simmer for around 20 minutes or until tender and fork can be easily inserted.
2. Remove beets from heat and drain. Run cooked beets under cold water and place in a bowl to cool.
3. Cut beets into ½ inch bite sized cubes. If desired, peel off skin.
4. Combine beets with ogo, green onions, 'inamona, salt, chili flakes, shoyu, sesame oil, ginger and garlic.
5. Mix well. Top with green onion and sesame seeds.

