

Raw Fish Recipe

Ingredients:

For each serving :-

125 g very fresh tuna, salmon, bream, bonito, kingfish, mackerel or jewfish

1 tablespoon grated giant white radish

1 tablespoon grated carrot

1 teaspoon prepared wasabi

Japanese soy sauce

mirin or dry sherry

Method:

Fish for sashimi must be absolutely fresh, and preferably whole; shop-bought fillets are unsatisfactory, and frozen fish is disastrous. Fillet the fish, removing all bones. Carefully cut away the skin. With a sharp knife, and handling the fish as little as possible, cut the fillet into thin slices and arrange on serving plate. Tuna and bonito are preferable cut in small cubes; cut small fish or squid in thin strips. Serve with grated daikon (white radish) and grated carrot, decorate with a sprig of watercress and accompany each serving with a dab of wasabi and a sauce dish holding Japanese soy sauce or a mixture of soy and mirin or dry sherry.

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