

Avocado and Salmon Sphere with Crispy Rice

Recipe By Michal Frischman



familytable

Mishpacha

Cooking and Prep:  1
h 45 m

Serves:  8

Contains:   

Preference: Parve

Difficulty: Hard

Occasion: Purim, Shavuot,
Sukkot

Diet: Pescetarian

Source: Family Table by
Mishpacha Magazine

Cuisines: Asian

Watch the video! Originally, this recipe was made using paper-thin slices of avocado, cut with a super-sharp knife. Very complicated and difficult. Then I tried it with a regular old vegetable peeler, and it worked beautifully! No need to let anyone know that your knife skills aren't master level, because they certainly will appear to be. The avocado can be filled with tuna tartare, kani salad, or any other filling you think will work. Recipe by Michal Frischman.

Ingredients (17)

Rice

1 tablespoon rice wine vinegar

1 teaspoon salt

1 tablespoon sugar

- canola oil, for frying
 - 1 cup raw sushi rice
 - 1 and 1/2 cups water
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Salmon

- 3 1-inch salmon fillets
 - 3 tablespoons **Haddar Teriyaki Sauce**
 - 1 tablespoon **Gefen Mayonnaise**
 - 2 scallions, thinly sliced
 - salt, to taste
 - pepper, to taste
 - 1 lemon
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For Assembly

- 2-3 avocados
 - sweet sauce
 - spicy mayonnaise (see note)
 - french-fried onions
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Start Cooking

For the Rice

1. Boil one and a half cups of water in a medium saucepan.
2. Rinse the sushi rice until the water isn't cloudy and add it to boiling water. Turn heat to medium-low and cook until water absorbs, about 10–15 minutes. Remove from heat and let it steam with the lid on for an additional 10 minutes. Fluff with a fork.
3. Mix vinegar, salt, and sugar. Pour over rice and mix thoroughly to get the dressing on every piece of rice.

4. Immediately transfer the rice to a baking dish lined with parchment paper. With another sheet of parchment, press the warm rice into a half-inch layer. Remove the top parchment paper and let cool.
5. With a small ring mold or a glass that's about two inches across, cut eight circles from the rice. If it falls apart, press the rice back into a flat disk as firmly as possible and recut.
6. Coat the bottom of a frying pan with canola oil and fry the rice circles until lightly golden on each side. Drain on paper towels and set aside.

Tip:

Rice discs can be made up to one day in advance. Keep in a sealed container at room temperature.

For the Salmon

1. Spread your favorite teriyaki sauce on the salmon. Broil for five minutes or until it flakes easily and is opaque through the middle. Cool and flake into a bowl.
2. Add mayonnaise, scallions, salt, pepper, and a squeeze of lemon. Mix to combine.

To Assemble

1. Cut a length of plastic cling wrap and rub the center of it with a lemon wedge.
2. Slice one avocado in half and remove the pit. Peel the avocado halves and hold one half at a time, firmly but gently. With a vegetable peeler, slice super-thin slices of avocado from top to bottom, one at a time, and lay on the cling wrap, slightly overlapping, so you have a disc of avocado, about six to eight slices in total. Lightly salt the avocado.
3. Place half a teaspoon to a full teaspoon of salmon filling in the center of the avocado and pull the cling wrap off your work surface into the palm of your hand. Lightly cup your hand so the sides of the avocado come up to meet.



4. With the cling wrap, bring the avocado edges together and twist the plastic to seal the bottom edges.
5. Place sweet sauce and spicy mayonnaise on a plate. Put a crispy rice round in the center. Open your saran wrap ball (keeping the avocado sphere intact) and gently place seam-side down on the rice. Garnish with french-fried onions. Repeat with remaining rice, salmon, and avocados.

Note:

To make spicy mayo, mix mayonnaise, sriracha, and a drop of sesame oil. Start with a little sriracha and add more to your taste.

Tip:

If you're preparing this on Yom Tov, remember to cut cling wrap ahead of time!

Also, factor in that not every avocado looks as fresh as you thought it was when you bought it. In the worst-case scenario, you have some extras for guacamole.

Credits

Still Photography: Hudi Greenberger

Styling: Renee Muller