



April 2022

Rainbow Trout Hijiki Rice

You won't believe that this umami-packed Japanese rice dish only requires a rice cooker to make! This makes it a perfect meal to serve your friends and family when you just don't want to have to deal with the clean up after (we all have those days!)

45

MINUTES

4-6

SERVINGS

10

INGREDIENTS

~~~~~

SPICE LEVEL

# Rainbow Trout Hijiki Rice

## INGREDIENTS

- 1 tbsp dried hijiki
- 2 tsp sesame oil
- 2 c short-grain white rice, rinsed
- 2 tsp mirin or sake
- 1 ½ c dashi
- 2 tbsp soy sauce
- 10 oz salted rainbow trout
- 1 green onion, sliced
- Lemon wedges for serving

## DIRECTIONS

1. Soak the dried hijiki in a large bowl of cold water 30 minutes prior to cooking. Gently transfer the hijiki by hand into a colander and rinse thoroughly under running water and drain well.
2. While hijiki is soaking, prepare the rice mixture: in a rice cooker, combine rice, dashi, soy sauce, sesame oil, mirin or sake and soak for 20 minutes.
3. Add in the rehydrated hijiki and salted rainbow trout.
4. Turn rice cooker on to the white rice setting and cook until done. Once cooked, let the rice sit in the rice cooker for 20 minutes.
5. With a rice paddle, fluff the rice and break up the salted trout into bite sized pieces.
6. Top with sliced scallions and a wedge of fresh lemon!



Follow us → For more recipes and videos → @umamicart

umami  
cart