

Ponzu sauce recipe: (mix all ingredients together)

1 cup of saki

1 cup of water

1/2 cup of mirin

1/2 tablespoon of minced ginger

1/2 tablespoon of minced garlic

1/2 cup of plum sauce

1 tablespoon of light soy sauce

Black Chinese Rice recipe:

4 cups of water

2 cups of rice

3 sprigs of fresh thyme

4 tablespoon of butter or olive oil

Salt and pepper to taste.

Bring all ingredients to a boil, cover and finish in the oven for 20 minutes at 350 degrees.

Salmon:

Heat olive oil in skillet.

Sear both sides of the fish for 30 seconds each side and finish in the oven for 5 minutes at 400 degrees

Spinach:

Heat olive oil in skillet.

Saute spinach for 60 seconds.

Add salt and pepper to taste.(You can also add minced garlic to taste.)

Hope this helps

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