

Maki with sea bream, sesame praline and bonito |

Recipe for 4 servings



Description

A sushi in maki flavored with typical Japanese products.

Note

It is possible to replace the sea bream by another fish.

Ingredients

Maki roll

- 2 Leaf(ves) Nori seaweed
- 240 Gr Cooked sushi rice
- 150 Gr Royal sea bream
- 10 Gr Bonito flakes

Sesame praline

- 50 Gr Black sesame seeds
- 10 Ml Grape seed oil

Preparation

- Preparation time **30 mins**
- Preheat your **oven** at **320 F°**

Preparation

Cut the nori leaves in half.

Cut the fish flesh into tartar.

Sesame praline

Roast the sesame seeds in the oven for 15 minutes.

Blend them with a coffee grinder, then mix with the oil.

Maki roll

Spread the rice on the nori sheet placed vertically, leaving an inch free at the top. Place the tartar and bonito on top.

Roll up the maki and cut into four equal pieces.

Bon appétit!