

Courtesy of Brandon Amato

MAINS Marlow's Tavern

V&G Buddha bowl from Marlow's Tavern

By Sarra Sedghi · Rough Draft Atlanta, 1/14/2026

Ingredients

BOWL

- [ ] 1/2 cup cooked farro
- [ ] 1/2 cup cooked quinoa
- [ ] 1/4 avocado, cut into two slices
- [ ] 1/4 cup cucumber, diced into 1/2-inch pieces
- [ ] 1/4 cup shelled edamame
- [ ] 1/4 cup shaved radish
- [ ] 3 grape tomatoes, cut in half
- [ ] 4 ounces sushi/poke-grade tuna
- [ ] Salt and pepper to taste
- [ ] Kikkoman poke sauce, to taste
- [ ] 2 ounces rice wine herb vinaigrette (recipe below)
- [ ] 1/2 cup raw cauliflower florets
- [ ] 1 pinch French fry spice
- [ ] 2 Tbsp pickled red onion

Directions

1. **Cook the grains:** Cook farro and quinoa according to package directions, adding a heavy pinch of salt. Let grains sit covered. Fluff with a fork before assembling the bowl.
2. **Make the vinaigrette:** Place all vinaigrette ingredients in a blender. Puree until smooth and a consistent bright green color. Cool below 40 degrees Fahrenheit within four hours of production. Store in a squeeze bottle with a lid.
3. **Build the bowl:** Place the quinoa and farro in the center of a large bowl, spreading it out slightly. Place raw ingredients, working from the outside of the bowl into the center and keeping each in their own section, while leaving space for the cauliflower.
4. Season all vegetables with salt and pepper. Drizzle 2 ounces of vinaigrette over vegetables, making sure to put plenty in the center to dress the grains underneath.
5. Cook cauliflower in a 350-degree fryer and cook for one minute, until light golden brown. Remove cauliflower from grease, all excess oil to drain, and season well with fry spice. Place cauliflower in the empty space.
6. Toss tuna with poke sauce and season with salt and pepper.

RICE WINE HERB VINAIGRETTE

- [ ] 1 cup rice wine vinegar
- [ ] 1/2 cup granulated sugar
- [ ] 1/4 cup sweet chili sauce
- [ ] 1/2 ounce fresh cilantro, stems removed
- [ ] 1/2 ounce fresh mint, stems removed
- [ ] 1/2 cup salad oil

7. Top tuna with pickled red onions, wipe the rim of the bowl, and serve.

The story

This week, we're sharing the V&G Buddha bowl recipe from Marlow's Tavern. The nutrient-rich dish is available at all four Marlow's Tavern locations in metro Atlanta.

Executive Chef John Metz recommends that beginners and most home cooks use frozen poke. "If you can find pre-cut, frozen tuna poke, it is easier to work with," he said. "If not, look for saku tuna (block tuna), and stay away from tuna steaks."

"Saku tuna is cut from the top portion of the loin and is always more tender and has less sinew," Metz added. "This is generally what [chefs] use to produce a pre-cut tuna poke product."

If you're confident with your fishmonger, then feel free to use fresh tuna. You can also forego the tuna.

While there are many brands of poke sauce, Metz likes using Kikkoman's, which incorporates soy sauce, sriracha, and sesame oil to produce a balanced flavor.

Metz suggests seasoning the farro and quinoa during the cooking process. "A heavy pinch of salt makes all the difference," he said. For fluffy farro and quinoa, treat both grains like rice, and don't use a spoon or spatula, as these utensils will break up the grains.

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