



Panko Salmon Futomaki

Ensure that the sushi rice is cooked correctly. Cook fresh rice every day. Always use fresh ingredients. Use the offcuts of salmon after filleting for futomaki.



Medium Sushi Plate

Contains Fish - Gluten - Dairy - Egg

INGREDIENTS

- ½ sheet nori
- 80g sushi rice
- 20g salmon
- 10g avocado
- 10g zucchini
- 10g pickled red onion
- 5ml Lemon Mayo
- 2g flour
- 18g OB batter mix
- 4g panko bread crumbs

METHOD

- 1 Spread the rice onto the rough side of the Nori, leaving 1cm free at the top.
- 2 Place all fillings in the middle of the rice.
- 3 Roll up gently. Do not press too hard.
- 4 Roll the futomaki in the flour and then dip it into the batter mix.
- 5 Roll the Futomaki in the panko bread crumbs.
- 6 Deep fry until golden brown. Drain off any excess oil.
- 7 Cut the roll into 6 pieces.
- 8 Plate and garnish with ginger and wasabi.

GARNISH

- Ginger
- Wasabi

EQUIPMENT



White Chopping Board
Rolling Mat
Sushi Knife

NOTES

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Food safety

From the SOP - what the kitchen must not skip on this dish.

THE MINIMUM STANDARDS FOR THE SUSHI SECTION

SOP 7 - Sushi

*Mise en place will differ amongst territories SUSHI Filleting Salmon Standards To manage our waste on a whole Salmon, we need to be able to use every gram of this delicious pink meat. Follow these steps and your wastage percentage can be as little as 25%: Once the fish is filleted and trimmed into two large fillets you can start planning which parts will be used for what. Pepi says "like a skilled butcher, you can see which part of the fillet should be used for what kind of sushi" How to portion and store the salmon - The meat along the back of the Salmon is ideal for Sashimi cuts and seared salads. - The meat along the stomach is used for Nigiri, Gunkans and roses. - The tail piece is to be used for Maki rolls. - The fatty part right at the bottom has the most flavor and in Japan is often reserved for regular and or important customers....

SEAFOOD PRODUCTS

SOP 6 - Bar and Deli

Prawns Prince Marinated 2 Days Prawns King 2 Days Mussels Cooked 1 Day White Bait Defrosted 1 Day Calamari Tubes/Heads Portions 3 Days Pre-made panko prawns 2 days Whole fish defrosted 3 Days Oysters Fresh in oyster tank 7-10 Days Hake 3 Days Platter Fish 3 Days White Fish Fillets 3 Days Salmon Fillets 3-4 Days Salmon Fillets Fresh 3-4 Days



ON THE PASS

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Plate - Medium Sushi Plate

Method and video links are on page 1.