



Seared Salmon Ponzu

Plating: Medium Sushi Plate



Medium Sushi Plate

Contains Fish - Soy - Sesame

INGREDIENTS

- 72g Salmon
- 1g Black pepper
- 1g Salt
- 48g Avo (6 x 8g slices)
- 60g sushi veg (shredded)
- 5ml Garlic oil (1 tsp)
- 30ml Ponzu sauce (2Tbsp)
- 2g Sesame seeds

GARNISH

- Ginger
- Wasabi

METHOD

- 1 Cut 6 incisions into the salmon fillet
- 2 Pour on the salmon garlic oil and then use the torched gun to seared it
- 3 Season the salmon with salt and black pepper.
- 4 Place the shredded sushi veg on a medium sushi plate.
- 5 Place the slices of salmon and avo on top of the sushi veg alternating them as you place them.
- 6 Sprinkle the Sesame seeds over the top.
- 7 Serve with ginger and wasabi and the Ponzu sauce on the side in a small sauce bowl.

EQUIPMENT



- White Chopping Board
- Rolling Mat
- Sushi Knife



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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Method and video links are on page 1.