



Seared Salmon / Tuna Salad

Plating: Large Sushi Bowl; Ramekin



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Contains Fish - Sesame

INGREDIENTS

- 100g seared salmon/tuna
- 40g mix lettuce
- 50g sushi veg
- 30g avocado
- 5g sesame oil
- 3g spring onion
- 5g tobiko
- 1g 7 spices
- 5g roasted almond flakes
- 50ml peanut dressing

METHOD

- 1 Cut the salmon/tuna.
- 2 Add oil and torch.
- 3 Add mix lettuce, sushi veg and spring onion in the bowl
- 4 Add the sesame oil.
- 5 Then add first the salmon/tuna then avocado and sprinkle the almonds over the salad.
- 6 Garnish with 7 spice and tobiko on the side of the plate



Food safety

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

SALAD DO NOTS

SOP 9 - Food Book

Don't use tomatoes that are unripe, a ripe tomato is red , has a fresh smell and is juicy when cut open. Don't use over ripe tomatoes that are soft. Don't use old vegetables to build the salad with. Don't use sour cheese, checking your mise en place in the morning will eliminate any compromised ingredients.
15g 75%



ON THE PASS

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Method and video links are on page 1.