



Seasoned Salmon

Grill the fillet side first and then the skin Remember to add fish spice



Large Pan

Contains Fish

INGREDIENTS

- 230g Salmon
- 5g OB Fish Spice
- 200g side

METHOD

- 1 Grill the salmon skin side up for 5 minutes
- 2 Turn over, sprinkle fish spice and grill until done for 2 minutes
- 3 Serve with a side of the guests choice
- 4 Garnish with a lemon wedge

GARNISH

- 1 lemon wedge

EQUIPMENT

-  Flat top grill
-  Spatula

NOTES

- Grill the fillet side first and then the skin
- Remember to add fish spice



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

Seasoned Salmon

Plate - Large Pan

Method and video links are on page 1.