Salmon

200g salmon, best served seared (rare) or medium rare.



Large coloured plate with small sauce bowl.

Contains Fish - Dairy

INGREDIENTS

- 200g salmon
- Guest's choice: 2g chilli lemon salt OR 1g fish spice
- 10ml vegetable oil
- 1 x side of choice
- 20g Lemon Garlic Butter OR sauce of guest's choice

METHOD

1. Defrost the salmon in the fridge/cold room overnight.
2. Season both sides of the salmon with the guest's choice of Chilli Lemon Salt or Fish Spice.
3. If Lemon Garlic Butter is selected, place the butter in a hot pan and allow it to melt while cooking the salmon.
4. Sear the salmon on one side for a maximum of 1 minute.
5. Turn and grill the other side for a maximum of 1 minute.
6. Plate the guest's side of choice onto a large coloured plate.
7. Place the salmon onto the plate.
8. If Lemon Garlic Butter is selected, pour the melted butter over the salmon OR serve with the guest's sauce of choice.
9. Garnish with green garnish and a lemon wedge.

GARNISH

- 1 lemon wedge
- 1g spring onion (green garnish)

EQUIPMENT

Flat top Grill
Spatula

TIPS

- Best served seared (rare) or medium rare. The grill should be at 220°C.

WATCH THE METHOD

How to fillet a salmon https://www.youtube.com/watch?v=swG_SQJ_YgA