



Rainbow Roll - Avo & Salmon

Rainbow roll with salmon and avo inside and outside.



Small coloured plate.

Contains Fish

INGREDIENTS

- 1/2 sheet nori
- 120g Sushi rice
- 30g Salmon for inside
- 25g Avocado for inside
- 15g Cucumber for inside
- 30g Salmon for outside
- 15g Avocado for outside

METHOD

- 1 Spread the rice onto the rough side of the Nori.
- 2 Turn the nori with the rice over.
- 3 Place the fillings in the middle on top of the nori.
- 4 Roll up gently without pressing too hard.
- 5 Place thin slices of Salmon and Avo over the top of the roll, slightly overlapping, at an angle.
- 6 Cut the roll into 8 even pieces and plate.
- 7 Plate and garnish with wasabi, ginger and pickled red onion.

GARNISH

- 5g Wasabi
- 10g Ginger
- 1g Pickled onion

EQUIPMENT

-  Chopping board
-  Sushi knife
-  Rolling mat

WATCH THE METHOD

Pre-rolling sushi https://www.youtube.com/watch?v=DZetRB7_hi0

How to cook sushi rice <https://www.youtube.com/watch?v=pvoCLlrg4S0>

How to sharpen your sushi knife <https://www.youtube.com/watch?v=1qTDIkxTj6E>

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



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 - Small coloured plate.

Method and video links are on page 1.