



# 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](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

### Salmon

Plate - Large coloured plate with small sauce bowl.

Method and video links are on page 1.