



Seared Salmon Salad

Lightly seared salmon and avocado layered over shredded cucumber with ponzu.



Small coloured plate with small sauce bowl.

Contains Fish - Soy - Sesame

INGREDIENTS

- 72g salmon fillet
- 48g avocado (6 x 8g slices)
- 60g cucumber (shredded)
- 30ml ponzu sauce (2 tbsps)
- 2g sesame seeds (toasted)

METHOD

- 1 Season the salmon fillet with salt, black pepper and garlic oil.
- 2 Send salmon to the grill line to be lightly seared on the flat top grill.
- 3 Make a bed of julienned cucumber in the center of a small coloured plate.
- 4 Slice the grilled salmon into 6 equal pieces.
- 5 Alternate slices of avocado and salmon on top of the cucumber.
- 6 Sprinkle sesame seeds over the top.
- 7 Garnish by placing the wasabi, and ginger on the plate.
- 8 Place a small sauce bowl with 30ml of ponzu sauce on the plate.

GARNISH

- 5g wasabi
- 10g ginger

EQUIPMENT

-  Chopping board
- Julienne peeler
-  Sushi knife
-  Vegetable knife

WATCH THE METHOD

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.

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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Plate - Small coloured plate with small sauce bowl.

Method and video links are on page 1.