

SALMON BEARNAISE

Autumn ALC menu 2024

Fish Main Course

Main plate | Chips pot | Blue striped paper

- 1 Salmon fillet 130-150g
pinch of salt & 10ml veg oil
- 50ml Bearnaise sauce SR
- 40g Tenderstem Broccoli
- 5ml Garlic oil SR
- 1 pinch Lemon zest
pinch of Maldon salt
- 150g Belgian hand cut fries
pinch of salt
- 3g Pickled shallots DK
- 1g Fresh Chervil
- 1g Fresh Parsley

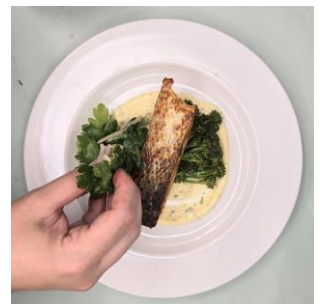


PREP JOBS

1. Make bearnaise Sub recipe
2. Pick Parsley and chervil

METHOD

1. In a cold non-stick pan place oil then place seasoned salmon skin side down and cook on a low to medium heat until golden brown & crispy skin, turn over and cook for about 15 seconds on each side then place in the oven skin side down if needed to cook longer.
2. Toss broccoli in the lemon zest, garlic oil and Maldon salt then place on a tray and heat under the salamander
3. Spoon bearnaise on centre of plate and place broccoli then salmon on top followed by herb salad
4. Serve as per picture with the seasoned Belgian hand cut fries



SAFETY STEPS

1. Bearnaise sauce is to be kept for a maximum of 4-hours with temperatures recorded in the DDD.
2. Prepare salmon on a blue chopping board with a blue knife.