

Poached Salmon, Cucumber Salad

Recipe Name: Poached Salmon, Cucumber Salad

Category: U.S. Farm-Raised Seafood

HACCP Process: _____ 1 – No Cook X 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients:	For: 24 Servings		Directions: Remove the salmon fillets from refrigeration just prior to cooking in batches of 24. CCP below 41 degrees
	Weight	Measure	
Salmon fillets	9 lbs	24 @ 6 oz.	Take the portioned salmon fillets and pat dry. Place them in a 4 inch hotel pan.
Court Bouillon poaching liquid			
Cold Water	½ gal		Place the cold water in a saucepan.
White Wine Vinegar	1 cup		Add the white wine vinegar.
Leek Whites, sliced	½ cup		Slice the white part of the leek, root-end.
Carrot, julienne	½ cup		Julienne the carrot & celery into 2 inch sticks.
Celery, julienne	½ cup		Place the vegetables into a cheesecloth bag.
Thyme, fresh		1 sprig	Add in the thyme & bay leaf.
Bay Leaves		2 each	Place cheesecloth bag into the liquid, making sure that it is submerged.
Salt & ground white pepper	1 tsp.		Season liquid with salt & pepper.
			Bring the poaching liquid to 165 degrees and cook for 10 minutes. Remove the cheesecloth bag.
			Pour the poaching liquid over the salmon in the 4 inch hotel pan and poach @ 165 degrees until the center of the salmon fillets are 145 degrees (CCP)
Cucumbers, sliced thinly		3 each	Wash off the cucumbers and slice thinly, lightly salt and place in a cloth and allow the water content to leach out.
Salt	1 tsp.		
Safflower Oil	¾ pt.	12 fl oz.	Stir the oil & vinegar together.
White Wine Vinegar	½ cup	4 fl oz.	Gently squeeze out the cucumber and place in a bowl.
Dill fresh chopped	1 Tbsp.		Add the freshly chopped dill.
Ground White Pepper	1 pinch		Add a pinch of ground white pepper; pour over the dressing and stir.
			Place the poached salmon towards the bottom of the plate.
			Spoon a tablespoon of cucumber salad on the thin part of the poached salmon. Serve immediately.

Serving Size 6 oz.

Pan Size 4 inch hotel pan

Oven Temperature & Baking Time:

Temperature

Minutes

Yield 24 servings

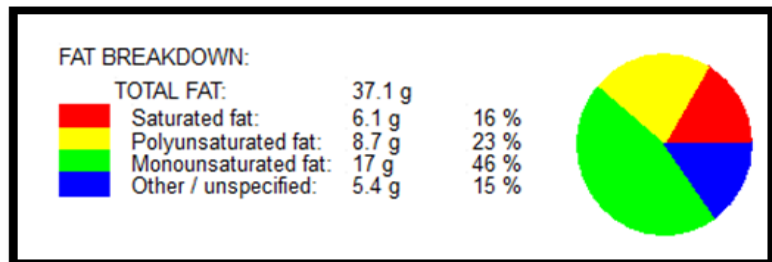
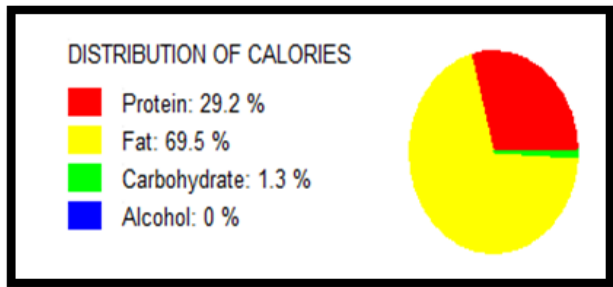
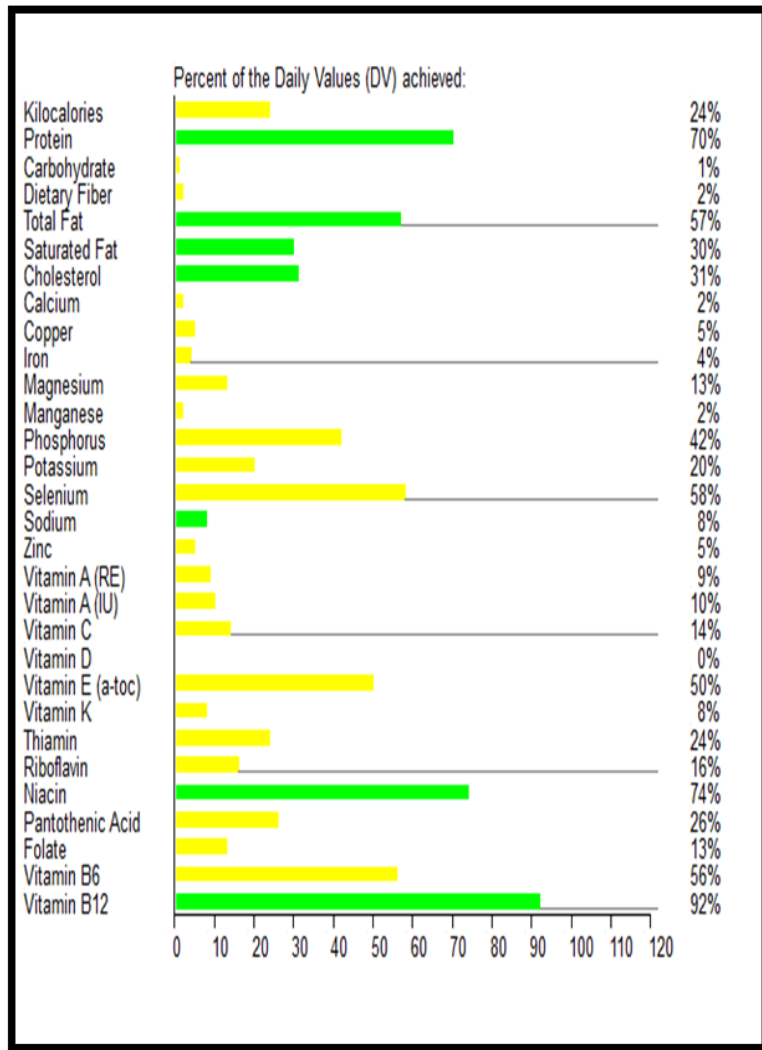
Number of Pans

Convection

6-ounce fish portion

Omega-3 content 4.552 g

Nutrition Facts	
Serving size: 8.5 oz. (241g)	
Servings Per Recipe 1	
Amount Per Serving	
Calories 489	Cal. from Fat 334
% Daily Value*	
Total Fat 37g	55%
Saturated Fat 6g	30%
Trans Fats 0g	
Cholesterol 94mg	30%
Sodium 202mg	8%
Total Carbohydrate 2g	0%
Dietary Fiber 0g	2%
Sugars 1g	
Protein 35g	
Vitamin A 10%	Vitamin C 15%
Calcium 2%	Iron 4%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



3-ounce fish portion

Nutrition Facts	
Serving size: 4.25 oz. (120g)	
Servings Per Recipe 1	
Amount Per Serving	
Calories 245	Cal. from Fat 167
% Daily Value*	
Total Fat 19g	30%
Saturated Fat 3g	15%
Trans Fats 0g	
Cholesterol 47mg	15%
Sodium 101mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	
Vitamin A 4%	Vitamin C 8%
Calcium 0%	Iron 2%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

