

Z-LIGHTFUL GRILLED SALMON

3/7/2024

Plate: Blue Bowl

To Go: Black 3 Compartment

STEP #1: INGREDIENTS

1 each Salmon Portion - 6.5 to 7.5 wz

To Brush Vegetable Oil

8 shakes Salt & Pepper Seasoning - 4 shakes per side

STEP #2: INGREDIENTS

To Brush Vegetable Oil

SETUP / GARNISH

1 each Lemon Wedge

2 each Choice of Sides

STEP 1: TO COOK

1. Place the salmon **rounded side up** on a metal 1/4 size sheet tray.
NOTE: Do NOT cut the salmon into halves.
2. Brush the salmon with the vegetable oil **on the rounded side only.**
3. Add 4 shakes of Salt & Pepper seasoning evenly to the rounded side of the fish.
4. Place the salmon on the grill rounded side down at a 45 degree angle.
5. Add 4 shakes of Salt & Pepper seasoning evenly to the flat side of the fish.
6. Grill until score marks appear, then rotate 90 degrees on the grill. Do not flip.
7. **Once diamond score marks are achieved, gently flip the salmon.**

STEP 2: TO COOK

1. Brush vegetable oil on the rounded side only.
NOTE: Do not use the same oil used to brush on raw items.
2. Allow to cook undisturbed until the salmon reaches a **MEDIUM-WELL degree** of doneness.
NOTE: When pressed in the center, the fish should start to flake and should not bounce back. There should be a thin line of pink still visible in the center of the salmon.

SET UP / GARNISH

Reference the attached pictures for plating setup & garnishing.

NOTE: The 1/4 lemon wedge is placed face down on the fish.

NOTE: Both side items are served off the plate.

