

SALMON DINNER

12" PLATE



Number	Units	Ingredients	Volume	Weight
1	EACH	SALMON FILET		7 OZ
1	OZ	MUSTARD GLAZE		1 OZ
2	OZ	CITRUS VINAIGRETTE		2 OZ
6	OZ	ALMOND COUS COUS		6 OZ
10~ 12	EACH	HARICOT VERTS		2 OZ
QUARTER	CUP	FRIED LEEKS (LOOSE CUP)	0.16	EACH
1	TABLSP	GARLIC BUTTER	0.3	OZ
1	PINCH	KOSHER SALT	0.04	OZ
1	PINCH	GROUND BLACK PEPPER	0.04	OZ
1	EACH	LEMON'S WEDGE	1/6	EACH

Procedure: AFTER GRILLING THE SALMON COVER COMPLETELY WITH THE MUSTARD GLAZE (THIN LAYER). PLACE HOT COUS COUS IN A SOUP CUP PRESS DOWN & UNMOLD ONTO THE CENTER OF A 12" PLATE DRIZZLE CITRUS VINAIGRETTE AROUND COUS COUS. STEAM & TOSS HARICOT VERTS WITH SALT, PEPPER & GARLIC BUTTER, THEN PLACE HARICOT VERTS OVER THE CITRUS VINAIGRETTE (ABSTRACT) PLACE SALMON OVER THE COUS COUS GENTLY & TOP WITH FRIED LEEKS.....