



MODULE IT - PREPARATION SHEET FOR RECIPES

APRO FORMAZIONE – FDM ECOLE HOTELIERE CANNES – NOORDEPOORT - SEDU

Servings: 10

Recipe Name: Sugar-salted salmon

Description:

In this recipe the sugar-salted salmon is served with a mustard-dill dressing, Rosolli salad (typical of Seinäjoki, Finland), flatbread with mushroom salad and marinated red onion, and finally a green smoothie.



Ingredients	Unit of measure	Quantity	Processing stages
SUGAR-SALTED SALMON			<p>SUGAR-SALTED SALMON</p> <ul style="list-style-type: none"> • Mix salt, sugar and lemon zest. • Put the salt mixture in the bottom of the dish and place the salmon fillet on top. Put the rest of the salt mixture on top of the salmon fillet and place the mixture on the side of the fish as well. • Allow to gravity over the night at least 13 hours. • Rinse the fish with cold water and dry with kitchen paper. • Cut into slices.
Skinless salmon fillets	kg	0,5	
Salt	kg	0,1	
Sugar	kg	0,1	
Grated zest of 1 lemon			
MUSTARD-DILL DRESSING			
Sugar	ml	30	
Dijon mustard	ml	45	
White wine vinegar	ml	30	
Rapeseed oil	dl	1,5	
ROSOLLI			<p>MUSTARD-DILL DRESSING</p> <ul style="list-style-type: none"> • Add sugar, mustard, salt, vinegar and black pepper to the bowl of a stand mixer. • Blend until smooth. • Add the oil and mix until smooth. · Then add the chopped dill. <p>ROSOLLI</p> <ul style="list-style-type: none"> • Cook potatoes, carrots and beetroots. • Peel the beetroot and onion. Peel and core the apples. • Cut all the vegetables, even cubes and place in a bowl. • Season lightly with salt and pepper. Stir gently. Leave the rosollin to chill. • Whip the cream of the sauce into a loose froth and season with vinegar and sugar. Colour the sauce with beetroot stock. • Serve the sauce separately.
Teaspoon salt	ml	2,5	
Black pepper	ml	2	
Chopped dill	ml	30	
Boiled potatoes	kg	0,15	
Cooked carrots	kg	0,15	
Boiled or pickled beetroots	kg	0,15	
Gherkin	kg	0,05	
Onion	kg	0,05	
Sour apple	kg	0,05	
White pepper, salt			
Sauce:			
Whipping cream	kg	0,1-0,15	
Vinegar	kg	0,005	
Sugar to taste	kg	0,005	
Beetroot broth			





FLATBREAD		
Mashed potatoes	kg	0,3
Salt	kg	0,005
Egg	cpl	1
Barley or wheat flour	kg	0,12 – 0,18
Smelted Butter	kg	0,05
MUSHROOM SALAD		
Pickled or canned mushrooms, brunoise	kg	0,5
Onion, brunoise	kg	0,05
Sour cream	kg	0,2
Salt to taste		
Black pepper		
Chives		
MARINATED RED ONION		
Red onion	kg	0,15
Sugar	kg	0,05
Salt	kg	0,01
Red wine vinegar	kg	0,05
Oil	kg	0,2
Black pepper		
GREEN SMOOTHIE		
Avocado	cpl	1
Cucumber	kg	0,05
Green apple	kg	0,1
Lemon juice	kg	0,05
Grated ginger	kg	0,005
Apple juice	kg	0,2
Honey to taste		
Cooking time:		
Salmon n.a.		
Rosolli 1h		
Flatbread 10-15 min		

FLATBREAD

- Prepare mashed potatoes beforehand.
- Preheat oven to 275°.
- Knead the salt, eggs and flour into the cold mashed potatoes. Knead just enough to make the dough feel soft enough to spread, do not make it sticky.
- Spread out on a baking sheet and prick with a fork, bake in the middle of the oven for about 8 minutes until dark spots appear on the surface.
- Brush the bread with butter.

MUSHROOM SALAD

- Soak the mushrooms in cold water to remove excess salt.
- Drain the mushrooms thoroughly and dice them.
- Chop the onion.
- Whisk the sour cream.
- Chop the chives.
- Mix all the ingredients.
- Season the salad and check the taste.

MARINATED RED ONION

- Mix sugar, salt, red wine vinegar, oil and ground black pepper together.
- Cut the red onion into thin slices and add to the stock, allow to season, preferably overnight in the cupboard.

GREEN SMOOTHIE

- Peel and chop the apple.
- Split the avocado, remove the stone and scoop out the flesh with a spoon.
- Chop the cucumber.
- Peel and grate the ginger.
- Place the ingredients in a blender and blend until smooth.
- Check the taste.

Preparation and cooking materials:

- Grater
- Bowl
- Container





Preparation time:

Salmon 30 min (+ to salted at least 13h)

Mustard-dill dressing 20 min

Rosolli 1h

Flatbread 45 min

Mushroom sala 30 min

Marinated red onion 20 min

Green smoothie 30 min

- Mixer
- Cutting board
- Knife
- Cattle
- Peeler
- Scoop
- Whisk
- Brush
- Baking tray
- Fork
- Colander
- Peeler
- Spoon
- Knife
- Grater
- Blender

Recommended individual quantity: N.a.

Variations: N.a.

