



Jail Island Salmon In Mojo Sauce

PAPER & FOOD SERVICE, INC.

Ingredients	Yield: 1 Serving
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Salmon

- 3 oz. Jail Island salmon
- t.t. Salt
- t.t. Black pepper, café
- 1 Tlb. Olive oil
- 1 ea. Sprig, Parsley, Flat-leaf

Mojo Sauce

- 1 ea. Garlic clove, peeled
- 1 tsp. Paprika
- 1/2 tsp. Ground cumin
- 2 1/2 Tlb. Olive oil
- 1 Tlb. White wine vinegar
- t.t. Salt

Preparation Instructions:

1. To prepare the Mojo sauce, put the garlic, paprika, and cumin in the bowl of a food processor fitted with the metal blade and using a pulsing action blend for 1 minute to mix well together.
2. With the motor still running, add the olive oil in a steady stream until all the oil has been added and the sauce has slightly thickened. Add the vinegar and blend for additional minute. Season with salt to taste.
3. To prepare the salmon, remove the skin, cut each fillet in half widthwise, then cut lengthwise into 3/4 inch thick pieces. Season the salmon pieces with salt and pepper to taste.
4. Heat the olive oil in a heavy bottom saute pan. When hot, add the pieces of salmon and cook for about 8 minutes, depending on its thickness, turning occasionally until cooked and browned on all sides.
5. Transfer the salmon to a warmed serving plate and drizzle with the Mojo sauce. Garnish with parsley and serve immediately.

Ingredients	Product Name	Maines Product Code #	Amount	Cost
Jail Island salmon	Jail Island	095701	3 oz.	\$1.74
Salt	Katy's Kitchen	340620	t.t.	\$0.02
Black Pepper, café	Culinary Secrets	345631	t.t.	\$0.03
Olive oil	Trifoglio	370861	1 Tlb.	\$0.07
Parsley, Flat-leaf	Fresh	097526	1 ea.	\$0.02
Garlic	Markon	097210	1 ea.	\$0.02
Paprika	Culinary Secrets	345590	1 tsp.	\$0.02
Ground cumin	Culinary Secrets	345226	1/2 tsp.	\$0.03
Olive oil	Trifoglio	370861	2 1/2 Tlb.	\$0.18
White wine vinegar	Colavita	909772	1 Tlb.	\$0.04
Salt	Katy's Kitchen	340620	t.t.	\$0.02

Recipe Cost	\$2.19
Portion Cost	\$2.19

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$5.95	\$2.19	\$3.76	36.81%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$6.95	\$2.19	\$4.76	31.51%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$7.95	\$2.19	\$5.76	27.55%