

PCIICHEF

Seared Salmon (PK Demo)

Entree 4 Servings



Qty	Unit	Ingredient
4	Each	5oz Salmon Filet Center Cuts
1	Quart	Water
2	Tablespoons	Sea Salt
		Salt / Pepper for Seasoning
2	Each	Garlic Cloves in the skins
6	Each	Thyme Sprigs

1. Take the Salmon filets and trim the belly fat and reserve
2. Dissolve The Salt in the Water and Set Aside
3. Place the Salmon Filets and belly in The Water for 10 to 15 minutes
4. Remove from Water and Let air dry on a towel
5. Season the filets with Salt and pepper

Once dry heat a non stick pan with oil and place filets skin side down and brown. Let cook 4 to 6 minutes on medium heat then flip

1. At this point you want to add the garlic, thyme, butter to the pan and arrange the filets at the top of the pan
2. As the butter melts the garlic and thyme should be at the bottom of the pan and using a spoon baste the salmon filets with the butter and herbs
3. Baste for 2 minutes
4. Remove Salmon from pan and place on a smaller pan lined with a towel so catch the drippings. The towel is there so that during plating we have all the oil removed from the salmon

Notes

PCIICHEF

Smoked Torro (PK Demo)

Garnish 4 Servings

Qty	Unit	Ingredient
12	Ounces	Salmon Belly Trim from the filets
0.25	Each	Diced Shallot
1	Teaspoon	Diced Chive
0.13	Teaspoon	Dijon Mustard
1	Teaspoon	Diced Parsley

1. Place Salmon Belly in a pot and the belly to one side of the pot
2. Add the wood pellets to the other side and lite cover pot to maximize smoke
3. Let smoke for 5 to 7 minutes very lightly
4. After smoked dice this belly as fine as possible
5. Mix with other ingredients
6. Chill for later use

Notes

PCIIICHEF

Tomato Onion Relish (PK Demo)

Salad 4 Servings

Qty	Unit	Ingredient
2	Pints	Heirloom Baby Tomatoes
0.5	Each	Red Onion Sliced Thin
10	EA	Small Basil Leaves Torn
0.25	Cup	Vegetable Oil



1. Cut the smaller tomatoes in 1/2 and the larger ones in quarters and place into a bowl
2. Add the sliced onion, oil and some salt and pepper mix well and taste
3. Add more salt and pepper if need be
4. Refrigerate to build flavor

Notes

PCIIICHEF

Quinoa Pilaf (PK Demo)

Sides 4 Servings

Qty	Unit	Ingredient
1	Cup	Tri Color Quinoa
0.25	Cup	Onion Brunoise
2	Tablespoons	Carrot Brunoise
2	Tablespoons	Celery Brunoise
4	Sprigs	Thyme
2	Each	Bay Leafs
2	Cups	Chicken Stock
0.25	Cup	Vegetable Oil



1. Heat vegetable oil in a medium to small sauce pot
2. add brunoise vegetable, thyme, bay leafs and cook and sweat for 3 to 4 minutes. do not caramelize the vegetable
3. Add the Quinoa and cook for additional 1 minute
4. Add the stock and bring to a boil
5. At this point turn heat to simmer and cover for 15 to 20 minutes

Notes