



Culinary Arts STAR Event Recipes

California State Competition, April, 2023

Pan Roasted Salmon Menu

Pan Roasted Salmon on a bed of Quinoa, Sautéed Vegetables,
and topped with a Corn Relish

Pan Roasted Salmon

2 each	Skinless Salmon filets, 5 oz each
1/8 t.	Thyme
1 each	Lime, juiced
1/8 t.	Cumin
1/8 t.	Salt
1/8 t.	Pepper
2 oz	Extra Virgin Olive Oil

Season salmon. Let sit five to ten minutes. In a sauté pan on medium high heat, add oil and sear three to four minutes on each side. Turn down heat. Finish cooking eight to twelve minutes total per inch.

Corn Relish

1/2 c.	Fire roasted corn
1/4 c.	Red pepper
1/4 c.	Red onion
2 T.	Roma tomato
2 t.	Jalapeno pepper
1/4 c.	Fresh cilantro
2 each	Lime, juiced
1/8 t.	Smoked paprika
1/4 c.	Extra Virgin Olive oil
1/8 t.	Salt
1/8 t.	Pepper

Small dice the red pepper, red onion and tomato. Finely chop the Jalapeno pepper. Chop the fresh cilantro. Combine all ingredients; hold for service. Can be served cool or warmed.

Quinoa

4 oz.	Quinoa
7 oz.	Water
1/8 t.	Salt
1/8 t.	Pepper

Rinse quinoa with cold water and let dry for five minutes. In a sauce pan on medium high heat, (dry) toast quinoa stirring often to bring out the natural nuttiness of the quinoa for three to five minutes. Add water, salt, and pepper bring to boil then turn down to low, cover and cook for 15-20 minutes. Fluff and hold to plate.

Sautéed Vegetables

4 oz.	zucchini
4 oz.	yellow squash
2 oz.	onion
2 T.	oil
1/8 t.	salt
1/4 t.	lemon pepper seasoning

Slice zucchini and yellow squash. Chop onion. Add oil to sauté pan. Cook cut vegetables until done, three to five minutes.

Pan Roasted Salmon Menu

Equipment List

2 cutting boards
2 chef knives
paring knife
measuring spoons
1 cup liquid measuring cups
2 cup liquid measuring cup
¼ cup dry measuring cup
½ cup dry measuring cup
juicer
portion cups
supply tray
2 sauté pans
saucepan with lid
metal spatula/turner
fork
spoon
serving/plating spoon
1 mixing bowl
pot holders
instant read thermometer
timer
food service gloves
scrap bucket or bin
sanitation bucket
towels
tasting spoons
2 plates for service
Scale to measure ingredients