

**"What's for Dinner Canton.com"**  
**Chef Herrera, C.C.E.**

<b>Menu Item</b>	<i>Salmon wrapped in Phyllo</i>
<b>Number of Portions</b>	<b>4</b>
<b>Portion Size / Yield</b>	
<b>Cooking Method</b>	
<b>Temperature</b>	<i>Preheat oven at 350°F. Internal temperature at 145°F</i>
<b>Equipment needed</b>	<i>Mixing bowl, chef's knife, cutting board, pastry brush, cutting board, measuring cups and spoons.</i>

**Ingredients:**

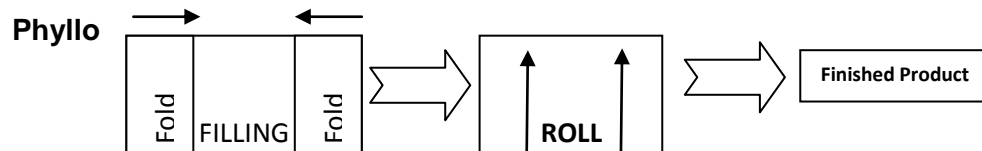
Amount	Item
<b>1`</b>	<i>Salmon cut into 5 inch segments</i>
<b>1/2 cup</b>	<i>Fresh Kale (deveined and julienne cut)</i>
<b>2 Tablespoons</b>	<i>Phyllo Sheets</i>
<b>1 cup</b>	<i>Melted salted butter</i>
<b>To taste</b>	<i>Salt</i>
<b>To taste</b>	<i>Ground black pepper</i>

**Procedure / Method :**

**PRE- SANITATION DETAIL:**

1. Put on a clean apron, hair restraint
2. **WASH YOUR HANDS!**
3. Sanitize all work surfaces and equipment.

**DIRECTIONS:**



1. Lay down the phyllo and brush with a healthy coating of melted butter. Lay another sheet of phyllo.
2. To begin the FILLING, lay several kale at the center bottom of the phyllo. Next, lay pieces of the salmon over the kale, season with salt and pepper.
3. Butter the rolled item and place it in the oven, cook for 15-20 minutes. Remove from the oven and let it rest for 10 minutes. Wrap in plastic wrap and slice with a serrated knife on a slight bias. Remove the wrap and enjoy.

**POST-SANITATION**

1. Clean up as you go along.
2. Wash all equipment and put them away.
3. Check product temperature using your thermometer.

**DON'T FORGET:**

- To wash your hands before you begin
- To clean up as you go along
- To put everything away