



Grilled
Salmon
 with Sesame Glaze
 and
 Wild Rice Pancake

Can be enjoyed with a French Chablis or Pinot Noir or a fresh lager.

serve	prepare	cook
6	10	10
persons	mins	mins

A5 size - 148mm(h) X 210mm(w)

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Ingredients :

- | | | | |
|-------------------------|-------|-------------------------------|--------|
| • 1 cup soy sauce | 250mL | • 6 salmon portions | 800 kg |
| • ½ cup brown sugar | 125mL | • 1 Tbsp. toasted sesame | 15mL |
| • 1 cup water | 250mL | • 2 Tbsp. cilantro leaves for | 30mL |
| • ¼ cup sesame oil | 50mL | • seeds for garnish | |
| • 1 Tbsp. minced ginger | 15mL | • vegetable oil for fillets | |
| • 1 Tbsp. cornstarch | 15mL | • salt and pepper | |
| • 2 Tbsp. cold water | 30mL | • garnish | |

Method :

1. Combine soy sauce, brown sugar, 1 cup (250mL) water, sesame oil and ginger and bring to a boil over medium-high heat.
2. Combine cornstarch and 2 Tbsp. (30mL) cold water in small bowl.
3. Blend well and add to pot.
4. Stir until mixture is thickened, about 5 minutes, and then strain. Keep warm until needed.
5. Brush salmon portions with a small amount of vegetable oil and season with salt and pepper.
6. Grill on barbecue over high heat until just done, 3 to 5 minutes each side.

Nutrition Facts:

Approximate weight per 100g	
Calories	168
Total Fat	8.5 g
Total Saturated Fat	1.26 g
Trans fats	0 g
Carbohydrate	0 g
Sugars	0 g
Total Dietary Fiber	0 g
Cholesterol	62.3 mg
Selenium	33.7 mg
Sodium	46.9 mg
Protein	21.3 mg



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Alaskan Salmon



Harvested from the abundant Alaskan wild fish stocks, the Sockeye Salmon has a bright orange and succulent meat. An excellent source of fats and protein. One word for this product is 'healthy'.



What is
 Sustainable
 Seafood?

Human seafood consumption is increasing and more illegal fishing is taking place to meet these needs.

We ask you to think about this!!!

Buy ONLY sustainable fish species, fish where catches are controlled and monitored allowing for natural replenishment.

Please make a small but necessary step to save our oceans for future generations