

A close-up photograph of a bowl of Asian salad. The salad features a large piece of salmon topped with black and white sesame seeds, garnished with green onions. It is surrounded by fresh vegetables including purple and green leafy greens, green peas, and segments of orange. Crispy fried wontons are also visible. The bowl is light-colored and sits on a woven placemat. In the background, a pair of black chopsticks and a blurred yellow bowl are visible on a wooden surface.

asian salads

Asian is the second most popular ethnic cuisine in America. Using ginger, sesame, soy and/or peanut flavorings, they fulfill preferences for bolder tastes.

SESAME-CRUSTED SALMON SALAD

Yield: 1 Serving

ITEM CODE	DESCRIPTION	AMOUNT
826553	GFS Farm-Raised Atlantic Salmon, 6 oz., thawed	1 ct.
405170	GFS Pan Coating Spray	as needed
513806	Trade East Hulled Sesame Seeds	³ / ₄ tsp.
229570	Trade East Black Sesame Seeds	³ / ₄ tsp.
246920	Oriental Lettuce Blend	3 ¹ / ₂ oz.
560545	Cleaned Baby Spinach	1 ¹ / ₂ oz.
726389	Pepper Mill Sesame Dressing	2 oz.
418439	Cucumbers, seeded & diced	2 oz.
117897	GFS Mandarin Oranges	2 oz.
Recipe	Fried Egg Roll Skins	¹ / ₂ oz.
562696	GFS Fresh Chives	2 ct.

PREPARATION INSTRUCTIONS

Wash hands. Wash all fresh produce under cool running water; drain well. Preheat char grill. Spray the salmon fillet with pan coating spray and coat with sesame seeds. Char-grill to desired doneness. CCP: Final internal cooking temperature must reach a minimum of 145°F, held for 15 seconds. Place the oriental lettuce blend and baby spinach in a stainless steel mixing bowl and toss with sesame dressing. Place the oriental lettuce blend and baby spinach in a mound in the center of the plate. Top with salmon and sprinkle with diced cucumbers. Place the Mandarin oranges in two separate mounds. Sprinkle with egg roll skins and garnish with two chives.

FRIED EGG ROLL SKINS

Yield: 24 - 1 Ounce Servings

ITEM CODE	DESCRIPTION	AMOUNT
328618	Egg Roll Skins	24 oz.

PREPARATION INSTRUCTIONS

Wash hands. Cut egg roll skins into thin strips using a sharp knife. Working in 4 oz. batches, deep fry egg roll strips in 350°F oil for 5–10 seconds, tossing with long metal tongs to separate. Deep-fry until strips have turned light golden brown. Drain on paper towel. Transfer to a covered container and label until needed, up to two days.

ASIAN SALAD VARIATIONS

TERIYAKI ASIAN SALAD*

Char-grilled teriyaki chicken breast served atop assorted salad greens tossed in Chardonnay mango dressing, topped with diced pineapple, bell peppers, toasted almonds, and rice noodles.

PACIFIC RIM CHICKEN SALAD*

Char-grilled chicken served atop Asian greens garnished with diced fresh mango, cucumbers, carrots, sliced water chestnuts, and toasted almonds.

**Ask your Customer Development Specialist for these recipes, available in Salads on the Menu.*