



VENTURA FOODS, LLC

OPERATOR SUPPORT SERVICES

Culinary & Product Development

Name:

Yield

Ingredients:	Quantity		Procedure
	Single	Double	
Miso Cod	1 pcs.		1. Drain off excess marinate and place in a hot pan, sear the fish on both sides and place in the oven for about 10 minutes or until the Internal temp is 145F degrees.
Quinoa, cooked	1 cup		2. Mix the quinoa and brown rice together and mound in the center of the plate.
Brown rice, cooked	1 cup		3. Take the steamed bok Choy and place on the rice in a peace sign fashion.
Baby bok Choy, steamed	3 halves		4. Place the sauce all around the plate, and finish with the fish on top of the rice.
Carrots, julienned	1 oz.		5. Pour any excess sauce on top of the fish and garnish with carrots and cilantro sprig.
Sesame ginger cilantro sauce	3 oz.		
Cilantro, garnish	1/4 oz.		