



6 Prince Prawns

Do not cook the prawns on top of each other

Small Pan

Contains Shellfish - Dairy



INGREDIENTS

- Grilled
- 6 prince prawns
- 10g Spicemate
- 10ml Rapeseed Oil
- Cajun
- 6 prince prawns
- 10ml Rapeseed Oil
- 3g Cajun spice
- Served with 30ml creamy lemon sauce

GARNISH

- 1 lemon wedge

EQUIPMENT

-  Flat top grill
-  Spatula

METHOD

- 1 Oil the flat top and place the prawns flesh side down on the grill for approx 1 minute. Do not press the prawns flat.
- 2 After 1 minute turn the prawns over and cook for approx 30 seconds.
- 3 Place the prawns in a starter pan, add creamy lemon sauce and garnish with a lemon wedge.

NOTES

- Do not cook the prawns on top of each other



Food safety

From the SOP - what the kitchen must not skip on this dish.

PRAWN MARINADE DO NOTS

SOP 9 - Food Book

Don't pour the marinade ingredients over the prawns and then try and distribute the ingredients throughout the mixture. Don't use the prawns from the marinade longer than 2 days. Don't throw the butterflied prawns into the container, pack them neatly. This will ensure quick placing of the prawns on the grill when an order comes, through. Once the kitchen closes, wipe the container down. Move any left over prawns into the cold room. Use these prawns first using the FIFO guidelines. Each 568g portion contains: Typical energy as sold per 100g: 642kcal/2648kJ 182% 372g 531%



ON THE PASS

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Plate - Small Pan

Method and video links are on page 1.