



Baby Prawns 200g

Coated in flour not dry mix



Small Pan; 1 Small Ramakin

Contains Shellfish - Gluten - Dairy - Egg

INGREDIENTS

- 200g Symian Shrimp
- 50ml Oil
- 20g Flour
- 30ml Zesty Mayo

METHOD

- 1 Defrost portion of shrimp in some water
- 2 Coat in flour and fry until golden brown for 2-3 minutes
- 3 Serve in a small smarter pan with a lemon and 30ml of lemon mayo.
- 4 Sprinkle spring onion on top

GARNISH

- 1 lemon wedge
- Sprinkled Spring Onion

EQUIPMENT



Deep Fryer

NOTES

- Coated in flour not dry mix



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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Method and video links are on page 1.