



Battered Zucchini

Wash the zucchini before adding it to the flour Ensure you don't use hot water



Small pan; Small ramakin

Contains Gluten - Dairy - Egg

INGREDIENTS

- 150g Zucchini
- 10g Flour
- 35g Batter Mix
- 30ml Zesty Mayo

METHOD

- 1 Place zucchini chips into flour
- 2 Shake off excess flour
- 3 Dip Zucchini into batter mix and shake off excess batter mix
- 4 Deep Fry in hot oil (180C) until golden brown
- 5 Drain off any excess oil.
- 6 Serve in a starter pan with the zesty mayo
- 7 Garnish with a lemon wedge and sprinkled spring onion. PREPERATION OF THE
- 8 Cut the amount of zucchini you will be preparing.
- 9 Prepare a salt water solution. Use the following guideline to prepare your solution:
a.For every litre of water use 30 grams of fine salt.
- 10 Place your cut zucchini in the cold water solution and let it marinate for at least 45 minutes.
- 11 Remove the zucchini from the solution and place in a large colander to drain excess water.
- 12 Once properly dry you can portion your zucchini-150g.

GARNISH

- 1 lemon wedge
- Sprinkled spring onion

EQUIPMENT

 Deep Fryer

NOTES

- Wash the zucchini before adding it to the flour
- Ensure you don't use hot water



Food safety

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

VEGETABLES & DAIRY PRODUCTS

SOP 6 - Bar and Deli

Feta Cheese (Removed from Brine) 3 Days Cucumber Uncut 5 Days Cut Cucumber 2 Days Onions 7 Days Onions Cut 3 Days Green Peppers Whole 7 Days Green Peppers Cut 3 Days Tomato Whole 7 Days Olives In Brine 7 Days Zucchini Whole 7 Days Zucchini Cut 2 Days Lemons Whole 7 Days Lemons Cut 2 Days Baked Yogurt cheesecake (refrigerated) 3 days Baklava (decanted into food safe seal able container) 1 week at ambient Baklava (2 or 3 portions stored in a glass seal able display container) 2 days at ambient Avo crema 3 days Curry mayo 2 weeks Pre-made Halal Curry mayo 3 days Zucchini brined 3 days after portioning Zucchini in brine 24 hours Prepared couscous 3 days Fresh herbs whole 1 week Fresh herbs chopped 24 hours Peaches chopped 1 week Pickled Red onion two weeks

OTHER FRESH PRODUCE ADDED

SOP 9 - Food Book

stir fry ingredients: green beans, cabbage, red peppers med veg ingredients: butternut creamed spinach: spinach mashed pumpkin: pumpkin or butternut pre-cooked baby beetroot tender stem broccoli WHAT TO LOOK OUT FOR WHEN WE TALK ABOUT RIPE PRODUCE Tomatoes: the first way to tell if your tomato is ripe is to check if the skin has turned from a dull, matte surface to one that is glossy and slightly shiny. Next, check the color, which should be fairly deep red. Your ripe tomato will give slightly to the touch. It shouldn't be soft but rather a little tender, tomatoes ripen from the inside out. Tomatoes that are not ripe will feel hard to the touch. A ripe tomato gives off a lovely fragrance as well. If you receive under ripe tomatoes they should be stored in the dry store in a crate to ripen before using. You would need a rotation system to facilitate this....

COLD ROOM INGREDIENTS

SOP 9 - Food Book

Fresh vegetables and herbs Dairy products Prep products Fresh salmon Fresh oysters Seafood defrosting overnight Feta Cheese (Removed from Brine) Cucumber Uncut Cut Cucumber Onions Onions Cut Green Peppers Whole Green Peppers Cut Tomato Whole Olives In Brine Zucchini Whole Zucchini Cut Lemons Whole Lemons Cut Baked Yogurt cheesecake (refrigerated) Baklava (decanted into food safe seal able container) Baklava (2 or 3 portions stored in a glass seal able display container) Avo crema Curry mayo Pre-made Halal Curry mayo Zucchini brined Zucchini in brine Prepared couscous Fresh herbs whole Fresh herbs chopped Peaches chopped Pickled Red onion



ON THE PASS

Battered Zucchini

Plate - Small pan; Small ramakin

Method and video links are on page 1.