



Calamari & Fish

Do not put sauce over Cajun or fried



Large Pan

Contains Shellfish - Fish - Dairy

INGREDIENTS

- 110g calamari tubes - grilled, fried or cajun
- 200g fish - grilled, fried or Cajun
- 200g Side
- 60ml creamy lemon sauce

METHOD

- 1 Grill, fry or Cajun the hake.
- 2 Grill fry or Cajun the calamari.
- 3 Place the calamari, fish and side in a large pan.
- 4 Ladle over the creamy lemon sauce over the fish and calamari.
- 5 Garnish with a lemon wedge.

GARNISH

- 1 lemon wedge

EQUIPMENT

-  Flat top grill
-  Spatula
-  Deep Fryer

NOTES

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Food safety

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

SEAFOOD PRODUCTS

SOP 6 - Bar and Deli

Prawns Prince Marinated 2 Days Prawns King 2 Days Mussels Cooked 1 Day White Bait Defrosted 1 Day Calamari Tubes/Heads Portions 3 Days Pre-made panko prawns 2 days Whole fish defrosted 3 Days Oysters Fresh in oyster tank 7-10 Days Hake 3 Days Platter Fish 3 Days White Fish Fillets 3 Days Salmon Fillets 3-4 Days Salmon Fillets Fresh 3-4 Days

GRILLING DO NOTS

SOP 9 - Food Book

Don't set the flat top onto the highest temperature but regulate the temperature to 220 °C, keeping in mind that there are areas on the flat top that are hotter and areas that are cooler. Don't use palm oil to grill fish with, only use vegetable oil. Don't forget to dust the fish in dry mix before grilling, this prevents the fish from sticking to the grill.



ON THE PASS

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Plate - Large Pan

Method and video links are on page 1.