Cod Fillet

Chose a good size fillet 60ml creamy lemon sauce (only on grilled)



Large Pan | Contains Fish - Gluten - Dairy - Egg

INGREDIENTS

- 250g Cod
- 200g Side

GRILLED

- 15g OB Dry Mix
- 20ml Rapeseed Oil
- Fried
- 15g OB Dry Mix
- 70g OB Batter Mix
- 70ml Rapeseed Oil
- Cajun
- 15g OB Dry mix
- 20ml Rapeseed Oil
- 5g Cajun Spice

METHOD

1. Grilled:
2. Dust the cod with OB dry mix. Shake off any excess.
3. Grill the cod on the hot flat top.
4. Grill until the fish is firm and turns white.
5. Grill for 3 minutes on both sides. Fried
6. Dust the cod with OB dry mix. Shake off any excess.
7. Dip the cod into the prepared OB Batter mix. Allow excess to drain off.
8. Fry the cod in the deep fryer and fry for approx 4 minutes.
9. Drain off excess oil. Cajun
10. Dust the cod with OB dry mix and season with Cajun spice.
11. Grill the cod on the hot flat top. Grill until the fish turns firm and white
12. Grill for 3 minutes on both sides.

GARNISH

- 1 lemon wedge

EQUIPMENT

- Flat top grill
- Spatula
- Deep Fryer

NOTES

- Chose a good size fillet
- 60ml creamy lemon sauce
- (only on grilled)