



Crayfish

Crayfish is served with lemon butter sauce on top



Platter for 1

Contains Fish - Dairy

INGREDIENTS

- 350g Crayfish
- 200g Rice
- 200g Chips

EQUIPMENT

-  Flat top grill
-  Spatula
- Oven

METHOD

- 1 Cut the crayfish in butterfly, and clean it
- 2 Put the crayfish in the oven at 160 degrees for 6 minutes
- 3 Place on top of starch

NOTES

- Crayfish is served with lemon butter sauce on top



Food safety

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

Transfer your pre-cooked rice to

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the colander, place over the pot of boiling water and cover the colander with a lid. 3.Steam your rice for approximately 15 minutes until it is warmed through and cooked. 4.Transfer the rice to the Bain-Marie. 5.Melt the Cordon Bleu margarine in a pan and mix the spice for rice into the butter. 6.Pour over the rice and mix thoroughly with two spoons. Basmati RICE

RICE DO NOTS

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Don't alter the water temperatures Rinse rice BEFORE cooking and not once it's been cooked, it washes away the flavor Don't leave rice at room temperature Don't reheat rice by pouring boiling water over it - it washes away the flavor Don't reheat rice more than once 0g 0%

RICE STEAMER COOKING METHOD

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Wash the sushi rice in cold water at least 4 or 5 times before cooking. The water should be almost clear before you start to cook. In a large 8.5L rice cooker, cover the rice with water and soak for 10 minutes. Cook the rice in the rice cooker for 1 hour, it will come to the boil & then start steaming. If you have a Hundai-wet the Hundai before mixing in the rice. Once the rice is cooked, empty it into food safe container or Hundai. Do not scrape the bottom of the pot. Pour the OB sushi vinegar evenly over the surface, while cutting the liquid into the rice with quick cutting strokes using the plastic spoon. Keep moving the rice to cool it down. Once cool, cover the rice with a clean, damp cloth and store at room temperature. Portion off small amount of rice at a time, leaving the bulk untouched and uncontaminated.

RICE STEAMER COOKING RECIPE

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2kg Sushi rice 1.9L Water 560ml OB Sushi vinegar



ON THE PASS

Crayfish

Plate - Platter for 1

Method and video links are on page 1.