



Dry Mix



Contains Fish - Gluten

INGREDIENTS

- 1.5kg Flour
- 150g Fish Spice (1 dry mix sachet)

METHOD

- 1 Mix all the ingredients together



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

Dry Mix

Method and video links are on page 1.