



Famous Fish & Chips

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



Large Pan

Contains Fish - Gluten - Dairy - Egg

INGREDIENTS

- 200g Fish
- 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 hake with OB dry mix. Shake off any excess.
- 3 Grill the hake (skin side down) on the hot flat top.
- 4 Grill until the fish is firm and turns white. Approx 3 mins.
- 5 Grill for 3 minutes on the other side. Fried:
- 6 Dust the hake with OB dry mix. Shake off any excess.
- 7 Dip the hake into the prepared OB batter mix. Allow excess to drain off.
- 8 Fry the hake in the deep fryer and fry for approx 4 minutes.
- 9 Drain off excess oil. Cajun:
- 10 Dust the hake with OB dry mix and season with Cajun spice.
- 11 Grill the hake (skin side down) on the hot flat top. Grill until the fish turns firm and white. Approx 3 mins.
- 12 Grill for 3 minutes on the other side.

GARNISH

- 1 lemon wedge

EQUIPMENT

-  Flat top grill
-  Spatula
-  Deep Fryer

NOTES

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



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.