



Fish Soup

Small - served in side salad bowl Large- served in village salad bowl
Croutons-served on the side



Small Bowl; Large Bowl

Contains Fish - Gluten

INGREDIENTS

- Olive Oil
- 750g Chopped Onion
- 45g Garlic
- 500g Celery Chopped
- 1.2 kg Tomatoes Chopped
- 1.2kg Potatoes cut into 2cm chunks
- 4 Bay Leaves
- 120g Fish Stock
- 6 Litres Water
- 250g Tomato Paste
- 30g Salt
- 5g black pepper
- 2 kg Fish Fillets/Off Cuts
- Juice of 2 Lemons plus zest
- 1 Bunch Parsley chopped
- 1 Bunch Dill Chopped

EQUIPMENT

- Boiler Table
-  Knife
-  Spoon

METHOD

- 1 Heat some olive oil in a large pan on a medium heat.
- 2 Add the onions and celery and cook for 5 minutes, then add the garlic and cook for another 5 minutes, stirring occasionally, until soft but not coloured.
- 3 Add the tomatoes, potatoes and bay leaves and pour in the stock.
- 4 Season with salt and pepper and bring it all to the boil.
- 5 Reduce to a low heat and simmer for 15 minutes.
- 6 Add your fish fillets and bring back to the boil, then reduce to a medium-low heat and simmer for a further 15 minutes, until the potatoes are tender and the fish is cooked through and flakes apart.
- 7 Stir in the lemon juice and herbs, drizzle with olive oil and serve.

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

Fish Soup

Plate - Small Bowl; Large Bowl

Method and video links are on page 1.