



Fishermans

Do not put sauce over Cajun or fried If only vegetable side add 2 portions



Platter for 2

Contains Shellfish - Fish - Dairy

INGREDIENTS

- 110g calamari -grilled, fried or
- Cajun
- 110g Octopus
- 300g-400g Seabass
- 12 prince prawns (butterflied) - grilled or Cajun
- 6 mussels
- 100ml creamy garlic sauce
- 400g Side
- 120ml creamy lemon sauce

METHOD

- 1 Grill, fry or Cajun the fish.
- 2 Grill or Cajun the prawns.
- 3 Grill, fry or Cajun the calamari
- 4 Place mussels in the platter and cover with lemon garlic sauce
- 5 Place the fish, prawns, calamari, octopus and mussels and side on the platter
- 6 Ladle over the creamy lemon sauce over the fish, prawns and calamari. Do not put sauce over Cajun food.
- 7 Garnish with 2 lemon wedges.

GARNISH

- 2 lemon wedges

EQUIPMENT

-  Flat top grill
-  Spatula
-  Deep Fryer
- Bain Marie

NOTES

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Food safety

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

PRAWN MARINADE DO NOTS

SOP 9 - Food Book

Don't pour the marinade ingredients over the prawns and then try and distribute the ingredients throughout the mixture. Don't use the prawns from the marinade longer than 2 days. Don't throw the butterflied prawns into the container, pack them neatly. This will ensure quick placing of the prawns on the grill when an order comes, through. Once the kitchen closes, wipe the container down. Move any left over prawns into the cold room. Use these prawns first using the FIFO guidelines. Each 568g portion contains: Typical energy as sold per 100g: 642kcal/2648kJ 182% 372g 531%

MUSSELS COOKING METHOD

SOP 9 - Food Book

Preparation: Whole Shell mussels from pre-portioned frozen packs. Cooking: Place frozen mussels directly into a pan on the flat top grill. Add 60ml water using a ladle. Add more water if needed during cooking. Cover the pan and steam for 3-4 minutes, or until all mussels have opened. Discard any mussels that do not open. Finishing: Drain any remaining water. Transfer mussels to a clean pan and spoon your chosen sauce over the top. Return the pan to the grill for 1 minute to heat the sauce through. Plating: Mussels are served in a large pan with the guest's chosen side in a small pan. Add OB bread rolls on a small coloured plate with a serviette.



ON THE PASS

Fishermans

Plate - Platter for 2

Method and video links are on page 1.