



Pan O' Prawns

Cold Pan



Small Pan; Small Ramekin

Contains Shellfish

INGREDIENTS

- 6 Prince prawns
- 10ml Rapeseed Oil
- 50g Chips
- 50g Rice
- 25ml Cocktail Sauce

GARNISH

- Lemon Wedge

METHOD

- 1 Lightly spice each prawn with spicemate and grill.
- 2 Plate the rice, chips and prawns.
- 3 Place the cocktail sauce in a sauce bowl in the pan.
- 4 Garnish with a lemon wedge.

NOTES

- Cold Pan



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%



ON THE PASS

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Plate - Small Pan; Small Ramekin

Method and video links are on page 1.