



Prawn Marindade

Contains Shellfish



INGREDIENTS

- 6Kg of prawns (260 - 270 prawns)
- 200g Spice mate
- 400ml Rapeseed Oil

METHOD

- 1 Mix the oil and spice mate together.
- 2 Mix well to ensure there are no lumps. Use a whisk.
- 3 Pack the prawns into a container with a lid.
- 4 Pour the oil and spice mix over the prawns.
- 5 Seal and date the container and keep in the fridge.



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

Prawn Marindade

Method and video links are on page 1.