



Prawns & Cod

Do not put sauce over Cajun or fried



Large Pan

Contains Shellfish - Dairy

INGREDIENTS

- 6 prince prawns, butterflied - grilled or Cajun
- 240g cod - grilled, fried or Cajun
- 200g Side
- 60ml creamy lemon sauce

METHOD

- 1 Grill, fry or Cajun the cod.
- 2 Grill or Cajun the prawns.
- 3 Place the cod, prawns and side in a large pan.
- 4 Ladle over the creamy lemon sauce over the prawns and cod.
- 5 Garnish with a lemon wedge.

GARNISH

- 1 lemon wedge

EQUIPMENT

-  Flat top grill
-  Spatula
-  Deep Fryer

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%



ON THE PASS

Prawns & Cod

Plate - Large Pan

Method and video links are on page 1.