



Saucy Fish Bites

Cold Pan



Small Pan; Small Ramekin

Contains Fish - Gluten - Egg

INGREDIENTS

- 100g Fish
- 8g OB Dry mix
- 35ml OB Batter mix
- 35ml Rapeseed Oil
- 50g Chips
- 50g Rice
- 25ml Cocktail sauce

GARNISH

- Lemon Wedge

METHOD

- 1 Dust the hake bites with OB dry mix. Shake off any excess.
- 2 Dip the hake bites into the prepared OB Batter mix. Allow excess to drain off.
- 3 Fry the hake bites in hot oil (180C) in the deep fryer and fry for approx 4 minutes.
- 4 Drain off excess oil.
- 5 Plate the rice and the chips to the back of the pan.
- 6 Plate the fish bites to the front of the pan.
- 7 Place the cocktail sauce in a sauce bowl in the pan.
- 8 Garnish with a lemon wedge.

NOTES

- Cold Pan



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

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Plate - Small Pan; Small Ramekin

Method and video links are on page 1.