



Sea Bass

Contains bones

Platter for 1



INGREDIENTS

- 1 Sea Bass Whole
- 200g Side
- 60ml Ladolemono
- Grilled:
- 15g OB Dry Mix
- 20ml Rapeseed Oil

METHOD

- 1 Grilled:
- 2 Dust the sea bass with OB dry mix. Shake off any excess.
- 3 Grill the sea bass on the hot flat top.
- 4 Grill until the fish is firm and turns white.
- 5 Needs 20 minutes to be cooked.

GARNISH

- 1 lemon wedge
- Spring Onion

EQUIPMENT

-  Flat top grill
-  Spatula

NOTES

- Contains bones



Food safety

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

Only buy Ocean Basket specified equipment and cloths

SOP 14 - Colour Coding - Food Safety

3. Adhere to the standards as set out by the Ocean Basket official chemical supplier

OCEAN BASKET FOH/BOH FRANCHISEE OBLIGATIONS:

SOP 13 - General Storage

1. Only approved storage containers can be used 2. Containers must be able to seal, and drip trays must be available, where required

THE MINIMUM STANDARDS FOR THE SUSHI SECTION

SOP 7 - Sushi

Only Ocean Basket approved / supplied CHOPSTICKS may be used Where SOY SAUCE is decanted into sauce bowl for takeaways, they need to be dated and rotated to ensure FIFO Soy sauce served to tables as follow: normal and low sodium soy sauce in clean and current bottles on an Ocean Basket serviette-lined side plate up to 4 Ocean Basket sauce bowls per side plate and up to 4 Ocean Basket chopsticks per side plate Only Ocean Basket approved / supplied TAKE-AWAY BOXES and sauce bowls may be used Only Ocean Basket approved / supplied



ON THE PASS

Sea Bass

Plate - Platter for 1

Method and video links are on page 1.