



Sweet Pomegranate

Ensure the pomegranate is cleaned properly . Shelf life 3 days in the fridge



Large Sushi Bowl

Contains Dairy - Sulphites

INGREDIENTS

- 30g Baby Rocket Leaves
- 50g Lettuce Leaves
- 70g Cherry Tomatoes
- 10g Almond Flakes
- 40g Feta Cheese
- 15g Pomegranate
- 40ml Dressing
- 250g Balsamic vinegar
- 250ml Olive oil
- 160g Apple pomegranate puree
- Add all ingredients in blender and blend it

METHOD

- 1 Cut lettuce in thin slices and mix it with baby rocket leaves
- 2 Add the dressing on the leaves and then add cherry tomatoes, feta, pomegranate and almond flakes on top of the salad

EQUIPMENT

-  Chopping Board
-  Vegetable Knife
-  Cheese Knife

NOTES

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Food safety

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

DRESSING DO NOTS

SOP 9 - Food Book

Don't pour the dry ingredients before the wet ingredients Don't use palm oil Don't substitute any of the ingredients for something else 0.5g 1%

VEGETABLES & DAIRY PRODUCTS

SOP 6 - Bar and Deli

Feta Cheese (Removed from Brine) 3 Days Cucumber Uncut 5 Days Cut Cucumber 2 Days Onions 7 Days Onions Cut 3 Days Green Peppers Whole 7 Days Green Peppers Cut 3 Days Tomato Whole 7 Days Olives In Brine 7 Days Zucchini Whole 7 Days Zucchini Cut 2 Days Lemons Whole 7 Days Lemons Cut 2 Days Baked Yogurt cheesecake (refrigerated) 3 days Baklava (decanted into food safe seal able container) 1 week at ambient Baklava (2 or 3 portions stored in a glass seal able display container) 2 days at ambient Avo crema 3 days Curry mayo 2 weeks Pre-made Halal Curry mayo 3 days Zucchini brined 3 days after portioning Zucchini in brine 24 hours Prepared couscous 3 days Fresh herbs whole 1 week Fresh herbs chopped 24 hours Peaches chopped 1 week Pickled Red onion two weeks

COLD ROOM INGREDIENTS

SOP 9 - Food Book

Fresh vegetables and herbs Dairy products Prep products Fresh salmon Fresh oysters Seafood defrosting overnight Feta Cheese (Removed from Brine) Cucumber Uncut Cut Cucumber Onions Onions Cut Green Peppers Whole Green Peppers Cut Tomato Whole Olives In Brine Zucchini Whole Zucchini Cut Lemons Whole Lemons Cut Baked Yogurt cheesecake (refrigerated) Baklava (decanted into food safe seal able container) Baklava (2 or 3 portions stored in a glass seal able display container) Avo crema Curry mayo Pre-made Halal Curry mayo Zucchini brined Zucchini in brine Prepared couscous Fresh herbs whole Fresh herbs chopped Peaches chopped Pickled Red onion



ON THE PASS

Sweet Pomegranate

Plate - Large Sushi Bowl

Method and video links are on page 1.