Bite of the Ocean

Calamari, OB Select fish and prawns plated together with a side and sauce.



Large pan.

Contains Shellfish - Molluscs - Fish - Dairy

INGREDIENTS

- 110g Calamari (100g tubes, 10g heads) - Grilled, Fried or Cajun
- 100g OB Select fish - Grilled, Fried or Cajun
- 3 Prince prawns
- 1g Spicemate OR 1g Cajun
- Grilled / Cajun: 20ml Vegetable oil
- Fried: 35ml Palm oil
- 200g Side of choice (half chips / half rice recommended)
- 60ml Sauce of choice (Creamy lemon and Lemon garlic sauce recommended)

METHOD

1. Grill, fry or Cajun the OB Select fish.
2. Grill or Cajun the prawns.
3. Grill, fry or Cajun the calamari.
4. Place the fish, prawns, calamari and side order in a large pan.
5. Serve with sauce of guest's choice.
6. Garnish with a lemon wedge.

GARNISH

- 1 Lemon wedge

EQUIPMENT

- Flat top grill
- Spatula
- Scale
- Deep fryer
- Skimmer

WATCH THE METHOD

How to clean prawns https://www.youtube.com/watch?v=xu-BEWmemkI
Frying calamari https://www.youtube.com/watch?v=S9R9fxg1dSc
How to fry fish https://www.youtube.com/watch?v=DmpQiLgND24