Whole Sea Bream Platter

Whole sea bream with prawns and calamari, plated to share with a side and sauce.



Platter for two.

Contains Shellfish - Molluscs - Fish - Gluten

INGREDIENTS

- 1 (350g) Seabream
- 5 Prince prawns
- 5g Spicemate OR 5g Cajun
- 110g Calamari
- 15g OB dry mix
- Grilled: 20ml Vegetable oil
- Calamari 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. Dust the seabream in dry mix and grill or fry (guest's preference).
2. Grill the pre-spiced prawns to OB specifications.
3. Prepare the calamari according to guest's choice.
4. Plate on a Platter for One with side of guest's choice.
5. Serve with sauce of guest's choice.
6. Garnish with 2 lemon wedges.

GARNISH

- 2 Lemon wedges

EQUIPMENT

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

WATCH THE METHOD

Sea Bream https://www.youtube.com/watch?v=eyqUhVYudyU
How to fry fish https://www.youtube.com/watch?v=DmpQiLgND24
How to clean prawns https://www.youtube.com/watch?v=xu-BEWmemkI