



Bite of the Ocean

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



Large pan.

Contains Shellfish - 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-BEWmemkl>

Frying calamari <https://www.youtube.com/watch?v=S9R9fxg1dSc>

How to fry fish <https://www.youtube.com/watch?v=DmpQiLgND24>



Food safety

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

Transfer your pre-cooked rice to

SOP 9 - Food Book

the colander, place over the pot of boiling water and cover the colander with a lid. 3.Steam your rice for approximately 15 minutes until it is warmed through and cooked. 4.Transfer the rice to the Bain-Marie. 5.Melt the Cordon Bleu margarine in a pan and mix the spice for rice into the butter. 6.Pour over the rice and mix thoroughly with two spoons. Basmati RICE

RICE DO NOTS

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Don't alter the water temperatures Rinse rice BEFORE cooking and not once it's been cooked, it washes away the flavor Don't leave rice at room temperature Don't reheat rice by pouring boiling water over it - it washes away the flavor Don't reheat rice more than once 0g 0%

RICE STEAMER COOKING METHOD

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Wash the sushi rice in cold water at least 4 or 5 times before cooking. The water should be almost clear before you start to cook. In a large 8.5L rice cooker, cover the rice with water and soak for 10 minutes. Cook the rice in the rice cooker for 1 hour, it will come to the boil & then start steaming. If you have a Hundai-wet the Hundai before mixing in the rice. Once the rice is cooked, empty it into food safe container or Hundai. Do not scrape the bottom of the pot. Pour the OB sushi vinegar evenly over the surface, while cutting the liquid into the rice with quick cutting strokes using the plastic spoon. Keep moving the rice to cool it down. Once cool, cover the rice with a clean, damp cloth and store at room temperature. Portion off small amount of rice at a time, leaving the bulk untouched and uncontaminated.



ON THE PASS

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Plate - Large pan.

Method and video links are on page 1.