



Cape Sea Bream

Whole sea bream, scored and grilled, served with a side and lemon garlic butter or guest sauce.



Large coloured plate with small sauce bowl.

Contains Dairy

INGREDIENTS

- 350g Sea bream
- 15g OB dry mix
- 15ml Vegetable oil
- 1 x Side of choice
- 30g Lemon Garlic Butter (3x butter pads) OR Sauce of guest's choice

METHOD

- 1 Cut 3 lines on each side of the sea bream.
- 2 Dust the fish in OB dry mix.
- 3 Oil the grill and grill the sea bream according to OB method, approx. 8 mins each side.
- 4 Place the sea bream on a large coloured plate.
- 5 If Lemon Garlic Butter is selected, melt the butter in a small pan and pour over the cooked sea bream OR serve with the guest's sauce of choice.
- 6 Garnish with green garnish and a lemon wedge.

GARNISH

- 1 Lemon wedge
- 1g Spring Onion (Green garnish)

EQUIPMENT

-  Flat top grill
-  Spatula
-  Large spoon
-  Scale
-  Knife

TIPS

- Guest info: Allow 30 min cooking time.

WATCH THE METHOD

Cape Sea Bream <https://www.youtube.com/watch?v=eyqUhVYudyU>



Food safety

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

Place the required vegetables into a bucket for pre rinsing.

SOP 12 - Vegetable Rinse

5. Wash vegetables thoroughly under running water, removing all soil and unwanted elements 6. Shake off / drain excess rinse water and place washed vegetables into the container containing the Bacterex Solution. 7. Soak the vegetables in the Bacterex solution for a contact time of NO LONGER THAN 3 minutes and remove from the solution.

Shake off well/ drain the excess solution from the vegetables.

SOP 12 - Vegetable Rinse

9. Notes: Make a fresh Bacterex solution when it appears dirty and soiled. 10. Make a fresh solution for each batch of vegetables being rinsed. 11. Rinse the lug/ basin or bucket well after use before storing it away. v1. 18 July 2023

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



ON THE PASS

Cape Sea Bream

Plate - Large coloured plate with small sauce bowl.

Method and video links are on page 1.