Cape Sea Bream

Whole sea bream, scored and grilled, served with a side and sauce of choice.



Large coloured plate with small sauce bowl.

Contains Fish - Gluten

INGREDIENTS

- 350g Sea bream
- 15g OB dry mix
- 15ml Vegetable oil
- 1 x Side of choice
- 1 x Sauce of 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. Serve with the guest's sauce of choice in a small sauce bowl.
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