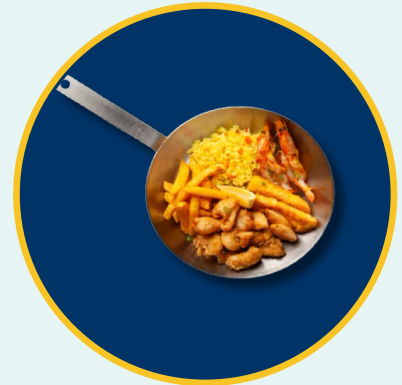




Coastal Catch Platter

Hake fish bites, calamari strips, 2 prince prawns, chips, rice and creamy lemon sauce.



Large pan with sauce bowl.

Contains Shellfish - Fish - Gluten - Dairy

INGREDIENTS

- 2 Prince Prawns
- 1g Spicemate OR 1g Cajun
- 2ml Vegetable oil
- 100g Hake Fish Bites
- 110g Calamari Strips
- 5g OB Dry mix
- 35g OB Batter mix
- 35ml Palm oil
- 50g Chips
- 50g Rice
- 30ml Creamy Lemon Sauce

METHOD

- 1 Fry the fish bites.
- 2 Fry the calamari strips.
- 3 Grill the prawns.
- 4 Plate the rice, chips, calamari, fish bites and prawns in a large pan.
- 5 Serve the Creamy Lemon Sauce in a sauce bowl and place it in the pan.
- 6 Garnish with a lemon wedge.

GARNISH

- 1 lemon wedge

EQUIPMENT

-  Skimmer
-  Deep Fryer
-  Flat top grill
-  Spatula

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

SOP 9 - Food Book

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

SOP 9 - Food Book

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

Coastal Catch Platter

Plate - Large pan with sauce bowl.

Method and video links are on page 1.