



Crispy Panko Fish Bites

Panko-crumbed hake bites, deep-fried golden and served with chips, rice and a sauce bowl.



Starter Pan, Sauce Bowl

Contains Fish - Gluten - Egg

INGREDIENTS

- 100g Hake
- 8g OB Dry mix
- 35ml OB Batter mix
- 14g Panko crumbs
- 35ml Palm oil
- 50g Chips
- 50g Rice
- 25ml Tomato sauce

METHOD

- 1 Dip the fish cubes into the dry mix, then into the batter mix and then into the panko crumbs.
- 2 Deep fry in hot oil (180°C) until golden brown. Drain off excess oil.
- 3 Place the fried fish bites in a starter pan.
- 4 Place the zesty mayo in a sauce bowl and place in the pan.
- 5 Garnish with a lemon wedge.

GARNISH

- 1 Lemon Wedge

EQUIPMENT

-  Flat top grill
-  Spatula
-  Skimmer
-  Deep Fryer

NOTES

- Take away: Fish & Chips box, Sauce Container

WATCH THE METHOD

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.

SEAFOOD PRODUCTS

SOP 6 - Bar and Deli

Prawns Prince Marinated 2 Days Prawns King 2 Days Mussels Cooked 1 Day White Bait Defrosted 1 Day Calamari Tubes/Heads Portions 3 Days Pre-made panko prawns 2 days Whole fish defrosted 3 Days Oysters Fresh in oyster tank 7-10 Days Hake 3 Days Platter Fish 3 Days White Fish Fillets 3 Days Salmon Fillets 3-4 Days Salmon Fillets Fresh 3-4 Days

GRILLING DO NOTS

SOP 9 - Food Book

Don't set the flat top onto the highest temperature but regulate the temperature to 220 °C, keeping in mind that there are areas on the flat top that are hotter and areas that are cooler. Don't use palm oil to grill fish with, only use vegetable oil. Don't forget to dust the fish in dry mix before grilling, this prevents the fish from sticking to the grill.



ON THE PASS

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Plate - Starter Pan, Sauce Bowl

Method and video links are on page 1.