



# Crunchy Fish Bites

Panko-coated fish bites served with zesty mayo.



Starter pan with small sauce bowl.

Contains Fish - Gluten - Dairy - Egg

## INGREDIENTS

- 100g OB Select fish trimmings, cubed (cut into 6 pieces)
- 7.5g OB dry mix
- 35g OB batter mix
- 14g panko crumbs
- 35ml palm oil
- 30ml zesty mayo

## METHOD

- 1 Dip the fish cubes into the dry mix, then batter mix, then panko crumbs.
- 2 Deep fry in hot oil (180°C) until golden brown and drain 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 and spring onion.

## GARNISH

- 1 lemon wedge
- 1g spring onion (green garnish)

## EQUIPMENT

-  Deep fryer
-  Skimmer

## TIPS

- Use off-cuts of bigger cuts of fish to make the fish bites.

## 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

### Crunchy Fish Bites

Plate - Starter pan with small sauce bowl.

Method and video links are on page 1.