



Famous Fish & Chips

100g or 200g hake served grilled, fried or Cajun with a side and guest sauce.



Large pan or small coloured plate with small sauce bowl for 100g fish.

Contains Fish - Gluten -

INGREDIENTS

- 100g or 200g hake
- 1 x side of choice
- Sauce of guest's choice (Creamy Lemon Sauce recommended)
- 100g fish: 30ml sauce
- 200g fish: 60ml sauce
- Grilled: 15g OB dry mix + 20ml vegetable oil
- Fried: 15g OB dry mix + 70g OB batter mix + 70ml palm oil
- Cajun: 20ml vegetable oil + 2g Cajun spice

METHOD

- 1 Grilled: dust the fish with OB dry mix and shake off excess. Oil the grill and place fish skin side down. Grill until firm and white, approximately 3 minutes per side.
- 2 Fried: dust the fish with OB dry mix, shake off excess. Dip the fish into OB batter mix and allow excess batter to drain off. Deep fry the fish for approx. 4 minutes at 180°C. Drain off excess oil before serving.
- 3 Cajun: dust the fish with Cajun spice. Oil the grill and place the fish skin side down. Grill until the fish is firm and turns white approximately 3 min per side.

GARNISH

- 1 lemon wedge

EQUIPMENT

-  Flat top Grill
-  Spatula
-  Deep fryer
-  Skimmer
- Chip scoop

TIPS

- When frying, ensure that the oil is hot (180°C). Cold oil will make it oily and soggy.

WATCH THE METHOD

How to fry fish <https://www.youtube.com/watch?v=DmpQiLgND24>

Portioning hake https://www.youtube.com/watch?v=wK_M66MCrnA

How to cut a 10/12 hake https://www.youtube.com/watch?v=NZbkohcp_14

How to cut a 6/8 hake <https://www.youtube.com/watch?v=e5dMcds6NVI>

How to cut a 2/4 hake <https://www.youtube.com/watch?v=q9hy2fX-nl0>



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 - Large pan or small coloured plate with small sauce bowl for 100g fish.

Method and video links are on page 1.