

Festive Trout

Whole 800g-1kg trout, grilled and served on a Platter for 2 with 2 sides. (Festive seasonal special.)

Serve on a Platter for 2 with 2 sides of guest's choice. Combo option: trout with a panko-zucchini starter, 4 top-ups (guest's choice, excluding Seabream) and a drink.

Contains

INGREDIENTS

- 1 x 800g-1kg trout
- 20g vegetable oil
- 15g OB dry mix

METHOD

- 1 Dust the trout with the OB dry mix. Shake off any excess.
- 2 Drizzle the vegetable oil on the flat top grill.
- 3 Grill the trout on medium heat for approximately 9 minutes per side depending on the size of the fish (no less than 8 minutes per side).
- 4 Fish is ready when the flesh turns opaque.
- 5 Serve on a Platter for 2, with 2 sides of guest's choice.
- 6 Garnish with spring onion and lemon wedges.

GARNISH

- 1g spring onion
- 4 lemon wedges

EQUIPMENT



Flat top grill
Spatula

TIPS

- Avoid cooking on a very hot grill, as this turns the skin black and makes the fish look burnt.
- Use a long spatula and turn the fish with care to prevent breakage.

Food safety

From the SOP - what the kitchen must not skip on this dish.

Place the required vegetables into a bucket for pre rinsing.

SOP 12 - Vegetable Rinse

5. Wash vegetables thoroughly under running water, removing all soil and unwanted elements 6. Shake off / drain excess rinse water and place washed vegetables into the container containing the Bacterex Solution. 7. Soak the vegetables in the Bacterex solution for a contact time of NO LONGER THAN 3 minutes and remove from the solution.

Shake off well/ drain the excess solution from the vegetables.

SOP 12 - Vegetable Rinse

9. Notes: Make a fresh Bacterex solution when it appears dirty and soiled. 10. Make a fresh solution for each batch of vegetables being rinsed. 11. Rinse the lug/ basin or bucket well after use before storing it away. v1. 18 July 2023

VEGETABLES & DAIRY PRODUCTS

SOP 6 - Bar and Deli

Feta Cheese (Removed from Brine) 3 Days Cucumber Uncut 5 Days Cut Cucumber 2 Days Onions 7 Days Onions Cut 3 Days Green Peppers Whole 7 Days Green Peppers Cut 3 Days Tomato Whole 7 Days Olives In Brine 7 Days Zucchini Whole 7 Days Zucchini Cut 2 Days Lemons Whole 7 Days Lemons Cut 2 Days Baked Yogurt cheesecake (refrigerated) 3 days Baklava (decanted into food safe seal able container) 1 week at ambient Baklava (2 or 3 portions stored in a glass seal able display container) 2 days at ambient Avo crema 3 days Curry mayo 2 weeks Pre-made Halal Curry mayo 3 days Zucchini brined 3 days after portioning Zucchini in brine 24 hours Prepared couscous 3 days Fresh herbs whole 1 week Fresh herbs chopped 24 hours Peaches chopped 1 week Pickled Red onion two weeks