Fish Top Up

100g Fish served grilled, fried or Cajun



Starter pan. | Contains Fish - Gluten - Dairy - Egg

INGREDIENTS

- 100g Fish (Hake OR OB Select)

GRILLED

- 15g OB dry mix
- 20ml vegetable oil

FRIED

- 15g OB dry mix
- 70g OB batter mix
- 70ml palm oil

CAJUN

- 2g Cajun spice
- 20ml vegetable oil

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

TIPS

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

TAKEAWAY

Fish & Chips Box

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-nI0