



Fried Fish Burger

Fried fish burger with zesty mayo, veggie ribbons, lemon garlic sauce and pickled red onion.



Large coloured plate.

Contains Fish - Gluten - Dairy - Egg

INGREDIENTS

- 1 brioche bun, cut in half
- 100g OB Select
- 15g OB dry mix
- 35ml OB batter mix
- 35ml palm oil
- 10g veggie ribbons
- 2g pickled red onion
- 20ml Zesty mayo
- 30ml Lemon garlic sauce
- 1 x side of choice

METHOD

- 1 Check that all bones are removed from the fish.
- 2 Dust the fish with OB dry mix, dip the fish into the prepared OB batter mix.
- 3 Fry the fish in hot oil (180°C) for approx. 4 minutes.
- 4 Drain off any excess oil.
- 5 Toast the bun halves on the grill for 20-30 seconds, cut side down.
- 6 Spread the zesty mayo on the bottom half of the bun, top with veggie ribbons and fried fish.
- 7 Drizzle lemon garlic sauce over the fish and top with pickled red onions, add the top of the bun.
- 8 Place the burger on a large coloured plate.
- 9 Serve with guest's side of choice.

EQUIPMENT

- Julienne peeler



Deep fryer



Scale



Flat top grill

WATCH THE METHOD

Fried Fish Burger <https://www.youtube.com/watch?v=GcWoLLyCfuE>

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

Fried Fish Burger

Plate - Large coloured plate.

Method and video links are on page 1.