



Golden Crunch Prawn Cali

Deep-fried prawn California roll with teriyaki mayo.



Small coloured plate.

Contains Shellfish - Fish - Gluten - Dairy

INGREDIENTS

- 1/2 Sheet nori
- 120g Sushi rice
- 3 Steamed prawns for inside
- 25g Avocado
- 18g Cream cheese
- 2g OB Dry mix
- 18g OB Batter mix
- 4g Panko crumbs
- 15ml Teriyaki Mayo
- 1g Spring Onion

GARNISH

- 5g Wasabi
- 10g Ginger
- 1g Pickled onion

METHOD

- 1 Spread the rice onto the rough side of the Nori.
- 2 Turn the nori with the rice over.
- 3 Place the fillings in the middle on top of the nori.
- 4 Roll up gently without pressing too hard.
- 5 Roll the California roll in the Dry mix and then dip it into the batter mix.
- 6 Roll the California roll in the panko crumbs.
- 7 Deep fry until golden brown (180°C). Drain off any excess oil.
- 8 Cut the roll into 8 even pieces and plate on the left side of the plate.
- 9 Drizzle the Teriyaki Mayo over the rolls in a zig-zag pattern.
- 10 Sprinkle Spring Onion.
- 11 Garnish with ginger, wasabi and pickled red onion on the right of the plate.

EQUIPMENT



- Chopping board
- Sushi knife
- Rolling mat



WATCH THE METHOD

Golden Crunch Prawn Cali <https://www.youtube.com/watch?v=3LciEX4sM4w>

Pre-rolling sushi https://www.youtube.com/watch?v=DZetRB7_hi0

How to cook sushi rice <https://www.youtube.com/watch?v=pvoCLlrg4S0>

How to sharpen your sushi knife <https://www.youtube.com/watch?v=1qTDIkxTj6E>

How to use the blow torch <https://www.youtube.com/watch?v=HZLRW8HKCEo>

How to sauce our sushi <https://www.youtube.com/watch?v=rzVDbar7q0I>



Food safety

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

PRAWN MARINADE DO NOTS

SOP 9 - Food Book

Don't pour the marinade ingredients over the prawns and then try and distribute the ingredients throughout the mixture. Don't use the prawns from the marinade longer than 2 days. Don't throw the butterflied prawns into the container, pack them neatly. This will ensure quick placing of the prawns on the grill when an order comes, through. Once the kitchen closes, wipe the container down. Move any left over prawns into the cold room. Use these prawns first using the FIFO guidelines. Each 568g portion contains: Typical energy as sold per 100g: 642kcal/2648kJ 182% 372g 531%



ON THE PASS

Golden Crunch Prawn Cali

Plate - Small coloured plate.

Method and video links are on page 1.