



Grilled Veg

Prepared med veg roasted and finished on order.



Starter Pan or with the guest's meal of choice.

Contains Dairy

INGREDIENTS

- Fresh: 300g Butternut, 350g Zucchini, 150g Red pepper, 150g Green pepper, 50g White onion, 100ml Vegetable oil per 1kg, 15g Seasoning
- Prepared: 200g Prepared med veg, 5ml Vegetable oil
- 1 serving is a 200g portion

METHOD

- 1 Prepare and cut the fresh vegetables.
- 2 Preheat your oven to 180°C. Place the raw med veg on a baking tray.
- 3 Pour the vegetable oil over the veg and season.
- 4 Mix together so that all the veg are coated in oil and seasoning.
- 5 Roast at 180°C for 25-35 minutes.
- 6 Cool the vegetables down and portion into 200g portions.
- 7 Label and date and store in the fridge until needed. Use within 2 days.
- 8 Prepare 200g portion on order by heating on the flat top grill using 5ml vegetable oil.
- 9 Turn occasionally to ensure even heating. Veggies are ready when a knife can be easily inserted.

EQUIPMENT

-  Flat top grill
-  Spatula
-  Scale
- Oven
-  Vegetable knife
-  Chopping board

WATCH THE METHOD

[How to slice green peppers https://www.youtube.com/watch?v=9QhRESYqGw8](https://www.youtube.com/watch?v=9QhRESYqGw8)

[How to cut onions https://www.youtube.com/watch?v=ICaJ2WKCuSY](https://www.youtube.com/watch?v=ICaJ2WKCuSY)



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



ON THE PASS

Grilled Veg

Plate - Starter Pan or with the guest's meal of choice.

Method and video links are on page 1.