



Harbour Box (Online only)

Online-only fish & chips box: OB Select, calamari, mussels and chips with lemon garlic and spicy sauce.



Fish & Chips box.

Contains Shellfish - Fish

INGREDIENTS

- 100g OB Select
- 110g calamari heads or tubes
- 3 half-shell mussels
- 30ml lemon garlic sauce
- 30ml spicy sauce
- 100g chips

METHOD

- 1 Grill or fry the OB Select according to the guest's choice.
- 2 Grill or fry the calamari according to the guest's choice.
- 3 Prepare the mussels according to OB standards.
- 4 Plate in a Fish & Chips box, placing 100g chips in the top left corner.
- 5 Plate the OB Select on the bottom left.
- 6 Plate the calamari heads/tubes on the top right.
- 7 Plate the mussels on the bottom right.
- 8 Spoon the lemon garlic sauce over the mussels.
- 9 Place a small sealed sauce container with the spicy sauce in the top right corner.
- 10 Add a lemon wedge.
- 11 Check the box again to ensure all items are present, prepared according to the guest's requests, and plated beautifully.

GARNISH

- 1 lemon wedge

EQUIPMENT

-  Flat top grill
-  Spatula
-  Deep fryer
-  Skimmer
-  Large spoon

TIPS

- Online only.
- Ensure the spicy sauce is warmed up.



WATCH THE METHOD

Harbour Box (Online only) <https://www.youtube.com/watch?v=aJclh843Ptw>

How to clean prawns <https://www.youtube.com/watch?v=xu-BEWmemkl>

Frying calamari <https://www.youtube.com/watch?v=S9R9fxg1dSc>

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.

MUSSELS COOKING METHOD

SOP 9 - Food Book

Preparation: Whole Shell mussels from pre-portioned frozen packs. Cooking: Place frozen mussels directly into a pan on the flat top grill. Add 60ml water using a ladle. Add more water if needed during cooking. Cover the pan and steam for 3-4 minutes, or until all mussels have opened. Discard any mussels that do not open. Finishing: Drain any remaining water. Transfer mussels to a clean pan and spoon your chosen sauce over the top. Return the pan to the grill for 1 minute to heat the sauce through. Plating: Mussels are served in a large pan with the guest's chosen side in a small pan. Add OB bread rolls on a small coloured plate with a serviette.



ON THE PASS

Harbour Box (Online only)

Plate - Fish & Chips box.

Method and video links are on page 1.