



# King Prawns

King prawns (4 or 8) grilled classic or Cajun, with a side and guest sauce.



Platter for one.

Contains Shellfish - Dairy

## INGREDIENTS

- King 4 OR 8
- 5/10g Spicemate OR 5/8g Cajun
- 5ml OR 10ml Vegetable oil
- 1 x Side of choice
- 60ml OR 120ml Sauce of choice (Creamy Lemon Sauce recommended)

## METHOD

- 1 Clean and butterfly the prawns.
- 2 Grill the prawns according to OB standards by sprinkling Spicemate over the flesh side and placing them flesh side down on the flat top.
- 3 If Cajun, sprinkle the Cajun spice over the prawns before grilling. (Do not use Spicemate for Cajun.)
- 4 When prawns turn opaque, turn once (approx. 1 minute on first side, 30 seconds on 2nd side).
- 5 Do not press the prawns down while grilling.
- 6 Plate the prawns on a Platter for One.
- 7 Serve with guest's side and sauce of choice.
- 8 Garnish with a lemon wedge.

## GARNISH

- 1 Lemon wedge

## EQUIPMENT

-  Flat top grill
-  Spatula

## TIPS

- Make sure the prawns are all evenly spiced.
- DO NOT press prawns down when cooking. This makes them lose moisture and stick to their shells.

## WATCH THE METHOD

How to cook prawns <https://www.youtube.com/watch?v=q5IDDxDNq-Y>

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



## 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

### King Prawns

Plate - Platter for one.

Method and video links are on page 1.