



Lemon Garlic Sauce

Using OB Cream Base Sauce.



Contains Fish - Dairy

INGREDIENTS

- 4L OB Base Sauce
- 250g Cordon Bleu
- 300g OB Garlic
- 140g Fish Spice
- 500ml Lemon Juice

METHOD

- 1 Defrost the OB Base Sauce in the fridge overnight.
- 2 Add the margarine to your pot and allow to melt.
- 3 Add The OB Garlic to the pot and cook your garlic for 2 minutes.
- 4 Add your fish spice and mix well. Allow to cook for 30 seconds.
- 5 Add the OB Base sauce to the mix.
- 6 Allow to heat up slowly.
- 7 Simmer for 5 minutes and then add the lemon juice.
- 8 Once the sauce has thickened, remove from the heat.
- 9 Then pour into a Bain Marie for use during service.

EQUIPMENT

-  Pot 12Ltrs
- Measuring Jug
-  Balloon Whisk
-  Scale

TIPS

- Cook sauces on low heat. Do not allow the sauce to boil.



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

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Method and video links are on page 1.