



Panko Fish California Roll

A California roll built with crispy panko-fried OB Select fish, topped with more fish bites and teriyaki mayo.



Small coloured plate

Contains Fish - Gluten - Dairy - Egg

INGREDIENTS

- 100g OB Select fish, cubed (cut into 10 pieces)
- 5g OB Dry mix
- 10g OB Batter mix
- 7g Panko crumbs
- 35ml Palm oil
- ½ Nori sheet
- 120g Sushi rice
- 25g Avocado
- 10g Pickled red onion
- 15ml Teriyaki mayo
- For 4pc, halve the recipe

METHOD

- 1 Dip the fish cubes into the dry mix, then batter mix and then into the panko crumbs.
- 2 Deep fry in hot oil (180°C) until golden brown. Drain off excess oil.
- 3 Cut the prepared panko fish bites in half.
- 4 Spread the rice onto the rough side of the Nori.
- 5 Sprinkle Sesame seeds over the rice.
- 6 Turn the nori with the rice over.
- 7 Place all the fillings in the middle, top with the panko fish bite pieces, keeping 8 pcs aside for the top of the rolls.
- 8 Roll up gently without pressing too hard.
- 9 Cut the roll into 8 pcs and plate on the left of the plate.
- 10 Place a panko fish bite piece on each roll.
- 11 Drizzle the Teriyaki mayo over the sushi in a zig-zag pattern.
- 12 Garnish with ginger, wasabi and pickled red onion, on the right of the plate.

GARNISH

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

EQUIPMENT

-  Chopping board
-  Sushi knife
-  Rolling mat
- 2 x Squeezy bottles

TIPS

- Dipping your knife in Tezu helps you make cleaner cuts through the sushi rolls.



WATCH THE METHOD

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 fry fish <https://www.youtube.com/watch?v=DmpQiLgND24>



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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Plate - Small coloured plate

Method and video links are on page 1.