



Perfect Catch Platter

Sharing platter for two: grilled OB Select fish, prince prawns, panko prawns, calamari two ways and mussels, with chips and rice.



Platter for Two.

Contains Shellfish - Fish - Gluten - Dairy

INGREDIENTS

- 200g OB Select fish (grilled)
- 6 prince prawns
- 4 panko prawns
- 8 half-shell mussels
- 110g calamari (grilled)
- 110g calamari strips (fried)
- 50ml vegetable oil (grilled / Cajun)
- 70ml palm oil (fried)
- 90ml lemon garlic sauce
- 200g side (half chips / half rice)
- 60ml creamy lemon sauce

METHOD

- 1 Grill the OB Select fish as per OB standards.
- 2 Grill the prawns as per OB standards.
- 3 Prepare and fry the panko prawns as per OB standards.
- 4 Grill the calamari as per OB standards.
- 5 Fry the calamari strips as per OB standards.
- 6 Heat the mussels in the lemon garlic sauce.
- 7 Dish 100g of OB rice across the top of a Platter for Two.
- 8 Plate the grilled fish on the left side of the platter.
- 9 Plate the panko prawns in the top right corner of the platter.
- 10 Plate 100g chips at the bottom left of the platter, next to the fish.
- 11 Plate the calamari and the calamari strips next to the chips, at the bottom of the platter.
- 12 Plate the mussels in the bottom right corner. Ladle the lemon garlic sauce over the mussels.
- 13 Lay the prawns over the rice, facing towards the top of the platter.
- 14 Ladle the creamy lemon sauce over the fish, prawns and calamari.
- 15 Garnish with 2 lemon wedges.



GARNISH
- 2 lemon wedges



EQUIPMENT



Flat top grill



Spatula



Deep fryer



Skimmer



TIPS

- Plate the prawns over the rice.
- Take away: Platter for Two box.
- Front of house: upsell with a bottle of bubbly or two OB sodas; suggest starting with Sushi 11 and finishing with Marcel's for the table.



WATCH THE METHOD

[Perfect Catch Platter](https://www.youtube.com/watch?v=HeQ_WZou-fc) https://www.youtube.com/watch?v=HeQ_WZou-fc

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

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

[Removing mussel beards](https://www.youtube.com/watch?v=qAUOMGqJhZ4) <https://www.youtube.com/watch?v=qAUOMGqJhZ4>

[How to fry fish](https://www.youtube.com/watch?v=DmpQilGND24) <https://www.youtube.com/watch?v=DmpQilGND24>



Food safety

From the SOP - what the kitchen must not skip on this dish.

Transfer your pre-cooked rice to

SOP 9 - Food Book

the colander, place over the pot of boiling water and cover the colander with a lid. 3.Steam your rice for approximately 15 minutes until it is warmed through and cooked. 4.Transfer the rice to the Bain-Marie. 5.Melt the Cordon Bleu margarine in a pan and mix the spice for rice into the butter. 6.Pour over the rice and mix thoroughly with two spoons. Basmati RICE

RICE DO NOTS

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Don't alter the water temperatures Rinse rice BEFORE cooking and not once it's been cooked, it washes away the flavor Don't leave rice at room temperature Don't reheat rice by pouring boiling water over it - it washes away the flavor Don't reheat rice more than once 0g 0%

RICE STEAMER COOKING METHOD

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Wash the sushi rice in cold water at least 4 or 5 times before cooking. The water should be almost clear before you start to cook. In a large 8.5L rice cooker, cover the rice with water and soak for 10 minutes. Cook the rice in the rice cooker for 1 hour, it will come to the boil & then start steaming. If you have a Hundai-wet the Hundai before mixing in the rice. Once the rice is cooked, empty it into food safe container or Hundai. Do not scrape the bottom of the pot. Pour the OB sushi vinegar evenly over the surface, while cutting the liquid into the rice with quick cutting strokes using the plastic spoon. Keep moving the rice to cool it down. Once cool, cover the rice with a clean, damp cloth and store at room temperature. Portion off small amount of rice at a time, leaving the bulk untouched and uncontaminated.



ON THE PASS

Perfect Catch Platter

Plate - Platter for Two.

Method and video links are on page 1.