Platter for Two

Larger platter with fish, prawns, calamari, mussels, 2 sides and sauce.



Platter for Two. 2x Sauce bowls.

Contains Shellfish - Molluscs - Fish

INGREDIENTS

- 220g calamari - grilled, fried or Cajun
- 110g calamari heads - grilled, fried or Cajun
- 200g OB Select fish - grilled, fried or Cajun
- 12 Prince prawns
- 10g Spicemate OR 10g Cajun
- 6 Half Shell Mussels
- 400g side of choice (half chips / half rice recommended)
- 120ml sauce of choice
- 60ml Lemon Garlic Sauce

GRILLED

- 50ml vegetable oil

FRIED

- 70ml palm oil

METHOD

1. Grill, fry or Cajun the OB Select fish.
2. Grill or Cajun the prawns.
3. Grill, fry or Cajun the calamari.
4. Heat the mussels in the lemon garlic sauce.
5. Place the fish, prawns, calamari, mussels and 2 x sides of choice on a Platter for 2.
6. Serve with guest's choice of sauce.
7. Garnish with 2 lemon wedges.

GARNISH

- 2 lemon wedges

EQUIPMENT

- Skimmer
- Scale
- Boiler table
- Deep Fryer
- Flat top grill
- Spatula
- Large Spoon

TAKEAWAY

Platter for Two Box with 2x sauce containers

WATCH THE METHOD

Platter for Two https://www.youtube.com/watch?v=uq_mE5qSKuE

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

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

Removing mussel beards https://www.youtube.com/watch?v=qAUOMGqJhZ4

How to fry fish https://www.youtube.com/watch?v=DmpQiLgND24

Platter for Two Stop Motion video https://www.youtube.com/watch?v=mWbWR408hcs