



Prawn & Mussels Pan

5 prince prawns and 3 mussels with side and creamy lemon sauce.



Large pan.

Contains Shellfish - Dairy

INGREDIENTS

- 5 Prince prawns
- 5g Spicemate
- 5ml Vegetable oil
- 3 Mussels
- 30ml Lemon garlic sauce
- 1 x side of choice
- 30ml Creamy lemon sauce

METHOD

- 1 Grill the prawns according to OB standards.
- 2 Prepare the mussels according to OB standards and serve in Lemon Garlic Sauce.
- 3 Plate the mussels in a large pan.
- 4 Add the guest's choice of side to the pan.
- 5 Place the grilled prawns in the pan.
- 6 Serve with Creamy Lemon Sauce.
- 7 Garnish with a lemon wedge.

GARNISH

- 1 lemon wedge

EQUIPMENT

-  Flat top Grill
-  Spatula
- Boiler table / Induction stove
-  Large spoon

WATCH THE METHOD

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

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

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

[Mussels: receiving to cooking](https://www.youtube.com/watch?v=yVFqVihSxME) <https://www.youtube.com/watch?v=yVFqVihSxME>



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%

MUSSELS COOKING METHOD

SOP 9 - Food Book

Preparation: Whole Shell mussels from pre-portioned frozen packs. Cooking: Place frozen mussels directly into a pan on the flat top grill. Add 60ml water using a ladle. Add more water if needed during cooking. Cover the pan and steam for 3-4 minutes, or until all mussels have opened. Discard any mussels that do not open. Finishing: Drain any remaining water. Transfer mussels to a clean pan and spoon your chosen sauce over the top. Return the pan to the grill for 1 minute to heat the sauce through. Plating: Mussels are served in a large pan with the guest's chosen side in a small pan. Add OB bread rolls on a small coloured plate with a serviette.



ON THE PASS

Prawn & Mussels Pan

Plate - Large pan.

Method and video links are on page 1.