



Reel Love Platter

Platter for one - fish, calamari, panko & prince prawns with half chips / half rice and creamy lemon sauce.



Platter for One. Take away: Platter for one box.

Contains Shellfish - Fish - Gluten - Dairy

INGREDIENTS

- 3 Prince prawns
- 5g Spicemate
- 2 Panko prawns
- 110g Calamari
- 100g OB Select
- 1 x Side (Half chips / Half rice)
- 30ml Creamy lemon sauce
- Grilled: 15g OB dry mix, 20ml vegetable oil
- Fried: 15g OB dry mix, 70g OB batter mix, 70ml Palm oil

METHOD

- 1 Grill or fry the fish, according to the guest's choice.
- 2 Grill or fry the calamari, according to the guest's choice.
- 3 Prepare the Panko prawns and grill the Prince prawns.
- 4 Plate on a Platter for One with a side of half chips, half rice.
- 5 Serve the creamy lemon sauce on the side, as per the image.

GARNISH

- 1 lemon wedge

EQUIPMENT

-  Flat top grill
-  Spatula
-  Deep fryer
-  Skimmer

TIPS

- Plate the prawns over the rice.
- Prepared by: Grill Line.

WATCH THE METHOD

Reel Love Platter <https://www.youtube.com/watch?v=1DOuo6xEvil>



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

SOP 9 - Food Book

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

SOP 9 - Food Book

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

Reel Love Platter

Plate - Platter for One. Take away: Platter for one box.

Method and video links are on page 1.