



Sooshee Surfers

A kid-sized sushi combo: avo maki, prawn maki and rock shrimp tempura on a small coloured plate.



Small coloured plate

Contains Shellfish - Fish

INGREDIENTS

- 3pc Avo maki
- 3pc Prawn maki
- 2pc Rock shrimp tempura

METHOD

- 1 Prepare the 3pc Avo maki.
- 2 Prepare the 3pc Prawn maki.
- 3 Prepare the 2pc Rock shrimp tempura.

EQUIPMENT

-  Sushi board
-  Sushi knife
-  Rolling mat

NOTES

- Take away: Fish & Chips box



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%

SECTIONS OF THE SUSHI BAR

SOP 7 - Sushi

2 The maki-roller's station The maki roller is responsible for the following: Rolling of all sushi. Keeping his/her area clean. Maki roller section Without display With display With more chefs in service SUSHI The correct station lay out is important for efficient service. Being prepared before having to produce sushi means that you can focus on the sushi making process and complete the task effectively and efficiently. *ingredients may vary amongst territories.



ON THE PASS

Sooshee Surfers

Plate - Small coloured plate

Method and video links are on page 1.