



The High Tide

Single-serve pan: OB Select, prince prawns and half-shell mussels with chips and rice in creamy lemon sauce.



Large pan.

Contains Shellfish - Dairy

INGREDIENTS

- 100g OB Select
- 15g OB dry mix
- 3 prince prawns
- 2g Spicemate
- 5ml vegetable oil
- 3 half-shell mussels
- 30ml lemon garlic sauce
- 100g side (half chips / half rice)
- 30ml creamy lemon sauce

METHOD

- 1 Grill or fry the OB Select according to OB standards.
- 2 Grill the prawns according to OB standards.
- 3 Prepare the mussels in the lemon garlic sauce.
- 4 Serve in a large pan with 50g rice / 50g chips and creamy lemon sauce.

GARNISH

- 1 lemon wedge

EQUIPMENT

-  Flat top grill
-  Spatula
-  Deep fryer
-  Skimmer

TIPS

- Plate in a way that heroes the prince prawns.
- Take away: Platter for One box.

WATCH THE METHOD

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

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>



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

The High Tide

Plate - Large pan.

Method and video links are on page 1.