



Whole Sea Bream Platter

Whole sea bream with prawns and calamari, plated to share with a side and sauce.



Platter for two.

Contains Shellfish - Dairy

INGREDIENTS

- 1 (350g) Seabream
- 5 Prince prawns
- 5g Spicemate OR 5g Cajun
- 110g Calamari
- 15g OB dry mix
- Grilled: 20ml Vegetable oil
- Calamari fried: 35ml Palm oil
- 200g Side of choice (half chips / half rice recommended)
- 60ml Sauce of choice (Creamy Lemon and Lemon Garlic Sauce recommended)

METHOD

- 1 Dust the seabream in dry mix and grill or fry (guest's preference).
- 2 Grill the pre-spiced prawns to OB specifications.
- 3 Prepare the calamari according to guest's choice.
- 4 Plate on a Platter for One with side of guest's choice.
- 5 Serve with sauce of guest's choice.
- 6 Garnish with 2 lemon wedges.

GARNISH

- 2 Lemon wedges

EQUIPMENT

-  Flat top grill
-  Spatula
-  Scale
-  Deep fryer
-  Skimmer

WATCH THE METHOD

Sea Bream <https://www.youtube.com/watch?v=eyqUhVYudyU>

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

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



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

Whole Sea Bream Platter

Plate - Platter for two.

Method and video links are on page 1.