Perfect Catch Platter

Sharing platter for two: grilled OB Select fish, prince prawns, panko prawns, calamari two ways and mussels, with chips and rice.



Platter for Two.

Contains Shellfish - Molluscs - Fish - Gluten

INGREDIENTS

- 200g OB Select fish (grilled)
- 6 prince prawns
- 4 panko prawns
- 8 half-shell mussels
- 110g calamari (grilled)
- 110g calamari strips (fried)
- 50ml vegetable oil (grilled / Cajun)
- 70ml palm oil (fried)
- 90ml lemon garlic sauce
- 200g side (half chips / half rice)
- 60ml creamy lemon sauce

METHOD

1. Grill the OB Select fish as per OB standards.
2. Grill the prawns as per OB standards.
3. Prepare and fry the panko prawns as per OB standards.
4. Grill the calamari as per OB standards.
5. Fry the calamari strips as per OB standards.
6. Heat the mussels in the lemon garlic sauce.
7. Dish 100g of OB rice across the top of a Platter for Two.
8. Plate the grilled fish on the left side of the platter.
9. Plate the panko prawns in the top right corner of the platter.
10. Plate 100g chips at the bottom left of the platter, next to the fish.
11. Plate the calamari and the calamari strips next to the chips, at the bottom of the platter.
12. Plate the mussels in the bottom right corner. Ladle the lemon garlic sauce over the mussels.
13. Lay the prawns over the rice, facing towards the top of the platter.
14. Ladle the creamy lemon sauce over the fish, prawns and calamari.

15 Garnish with 2 lemon wedges.

GARNISH

- 2 lemon wedges

EQUIPMENT

- Flat top grill
- Spatula
- Deep fryer
- Skimmer

TIPS

- Plate the prawns over the rice.
- Take away: Platter for Two box.
- Front of house: upsell with a bottle of bubbly or two OB sodas; suggest starting with Sushi 11 and finishing with Marcel's for the table.

WATCH THE METHOD

Perfect Catch Platter https://www.youtube.com/watch?v=HeQ_WZou-fc
How to clean prawns https://www.youtube.com/watch?v=xu-BEWmemkI
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