Sea Bream Platter

Two whole 350g sea bream with 10 prince prawns and calamari, plated to share.



Full deck platter. Takeaway: platter for two box.

Contains Shellfish - Molluscs - Fish - Gluten

INGREDIENTS

- 2 x 350g Sea bream
- 10 Prince prawns
- 220g Calamari
- 15g OB dry mix
- 200g Side of choice (half chips / half rice recommended)
- 60ml Sauce of choice (creamy lemon and lemon garlic recommended)

GRILLED

- 20ml Rapeseed oil

CALAMARI FRIED

- 35ml Rapeseed oil

METHOD

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

GARNISH

- 2 Lemon wedges

EQUIPMENT

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

TAKEAWAY

Platter for Two Box with 2x sauce containers

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-BEWmemkI