

BRETON FISH STEW

Autumn ALC menu 2024

Fish Main Course

Cassoulet dish | Starter plate | Chips pot

- 12 each Mussels
- 5 each Vannamei prawns
- 8oz Breton fish stew sauce - DK
- 60g Confit potatoes - DK
- 10g Butter
 - pinch of salt & pepper*
- 1g Parsley - chiffonade
- ½ Sea bass fillet
 - pinch of salt & 10ml veg oil*
- 2 slices Sourdough baguette H2 - Fresh

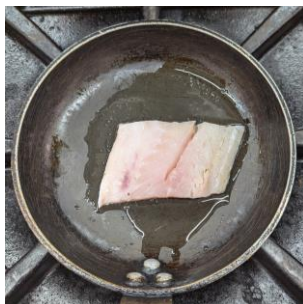


PREP JOBS

1. Clean Mussels
2. Defrost Prawns
3. Quarter potatoes
4. Parsley chiffonade
5. Prepare seabass
6. Bake baguette from frozen at 180°C for 14 min

METHOD

1. Place mussels, prawns, sauce, potatoes, butter, salt and pepper in a cold sauté pan, cover and cook on a medium heat until all mussels are open, and sauce is boiling, finish with the parsley, then place in a hot cassoulet dish
2. At the same time as cooking the stew, In a cold non-stick pan place oil then seasoned seabass and cook on a high heat until golden brown, turn over and cook for 20 seconds, place on top of stew
3. Serve as per picture with sourdough baguette



SAFETY STEPS

1. Follow the SOP for mussel preparation.
2. Prepare all fish on a blue chopping board with a blue knife.
3. Use a designated spatula to turn the seabass.
4. Always wash hands if they come into contact with fish due to allergens.