

# CURRIED MOULES FRITES

Autumn ALC menu 2024

Fish Main Course

Steel pan | Starter plate | Chips pot | Blue striped paper

10ml	Garlic oil SR
12 leaves	Curry leaves
1 pinch	Curry salt
500g	Mussels
2oz	Mussel sauce DK
3oz	Curry sauce DK
1 sprig	Curry Leaves
10g	Green apple - julienne
120g	Frozen Frites
	<i>pinch of curry salt</i>
1 branch	Fried curry leaves



## PREP JOBS

1. Clean Mussels
2. Garlic Oil
3. Fry curry leaves

## METHOD

1. In a hot saucepan add garlic oil, curry leaves and sauté for 30 seconds then add the mussels, cover the pan and cook until all the mussels' shells are all open.
2. Add curry sauce, mussel sauce and curry salt, continue to cook until the sauce comes to the boil.
3. Spoon the mussels into a warm steel pan on a starter plate, then pour all sauce over the mussels.
4. Julienne apple to order and sprinkle over the top
5. Garnish with a sprig of fried curry leaves
6. Always fry the frites to order, from frozen at 180°C until golden brown then season with curry salt and toss with the fried curry leaves and serve in a chip pot on the side



## SAFETY STEPS

1. Always follow the SOP for preparing mussels.
2. Use a designated ladle for the curry sauce.
3. Green apple must be chopped to order.
4. Frites to be cooked in the chip's fryer
5. Always wash hands after preparing fish due to allergens.