

MOULES FRITES

Autumn ALC menu 2024

Fish Main Course

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

10ml	Garlic oil SR
500g	Mussels
150ml/5oz	Mussel sauce DK
1g	Parsley - chiffonade
	<i>pinch of salt & pepper</i>
1 ptn	Frites (120g frozen frites)
	<i>pinch of salt</i>



PREP JOBS

1. Clean Mussels
2. Garlic Oil
3. Parsley chiffonade

METHOD

1. In a hot saucepan add garlic oil and mussels, cover the pan and cook until all the mussels' shells are all open.
2. Add mussel sauce, salt & pepper and continue to cook until the cream comes to the boil.
3. Spoon the mussels into a warm steel pan on a starter plate, then pour all sauce over the mussels & sprinkle with parsley.
4. Serve with portion of seasoned frites as shown.



SAFETY STEPS

1. Always follow the SOP on preparing mussels
2. Use a designated ladle for the mussel sauce.
3. Frites to be cooked in the chip's fryer
4. Always wash hands after preparing fish due to allergens.