LUNCH FISH RECIPES

ENGLISH FRIED FISH FILETS



QUANTITY	INGREDIENTS	PREPARATIONS
	INGREDIENTS TO ASS	SEMBLE

METHOD FOR PREPARATION

CULINARY NOTES:

Allergens



HOT FISH DISH

Station:

Position:

Production:

Period: Lunch

Yield:

Shelve Life: 1 Day

ASSIGNED VESSEL



LEMON CAPER TILAPIA



QUANTITY	INGREDIENTS	PREPARATIONS
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	INGREDIENTS TO ASS	EMBLE

METHOD FOR PREPARATION

CULINARY NOTES:

Allergens



HOT FISH DISH

Station:

Position:

Production:

Period: Lunch

Yield:

Shelve Life: 1 Day

ASSIGNED VESSEL



SESAME CRUSTED TUNA/CABBAGE SLAW

QUANTITY	INGREDIENTS	PREPARATIONS
	INGREDIENTS TO ASS	EMBLE

CULINARY NOTES:

Allergens



METHOD FOR PREPARATION

HOT FISH DISH

Station:

Position:

Production:

Period: Lunch

Yield:

Shelve Life: 1 Day

ASSIGNED VESSEL



GRILLED SALMON & CHERRY TOMATO



QUANTITY	INGREDIENTS	PREPARATIONS
	INGREDIENTS TO ASS	FMRIF
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CULINARY NOTE	· C .

Allergens



METHOD FOR PREPARATION

HOT FISH DISH

Station:

Position:

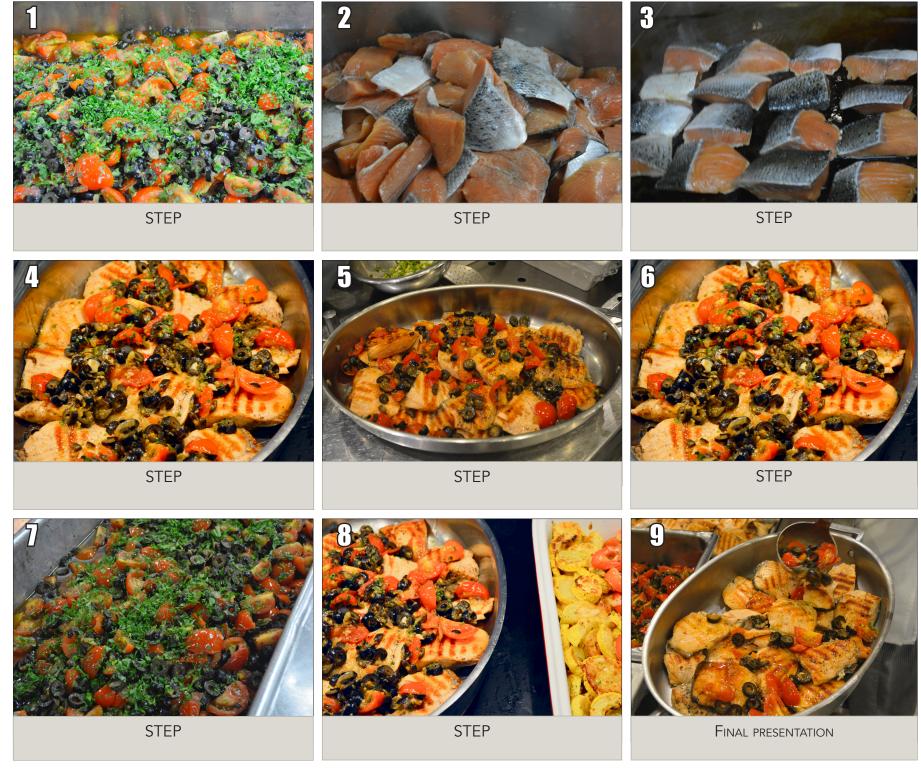
Production:

Period: Lunch

Yield:

Shelve Life: 1 Day

ASSIGNED VESSEL



BLACKENED SNAPPER & CORN SALSA



QUANTITY	INGREDIENTS	PREPARATIONS
	INGREDIENTS TO ASS	SEMBLE

METHOD FOR PREPARATION

CULINARY NOTES:

Allergens



HOT FISH DISH

Station:

Position:

Production:

Period: Lunch

Yield:

Shelve Life: 1 Day

ASSIGNED VESSEL



MEDITERRANEAN CODFISH



QUANTITY	INGREDIENTS	PREPARATIONS
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	INGREDIENTS TO ASS	SEMBLE

METHOD FOR PREPARATION

CULINARY NOTES:

Allergens



PLATED / PRESENTATION / INGREDIENTS

HOT FISH DISH

Station:

Position:

Production:

Period: Lunch

Yield:

Shelve Life: 1 Day

SIZE

ASSIGNED VESSEL



PAGE

LEMON PEPPER SALMON & SPINACH



QUANTITY	INGREDIENTS	PREPARATIONS	METHOD FOR PREPARATION
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	INGREDIENTS TO A	199FWRFF	CULINARY NOTES:
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HOT FISH	H DISH AS	SSIGNED VESSEL	
Station:			
Position:			
Production:			
Period: Lunch	h		

PLATED / PRESENTATION / INGREDIENTS

SIZE

Shelve Life: 1 Day

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STEP	STEP	Final presentation

CITRUS CRUSTED TILAPIA



QUANTITY	INGREDIENTS	PREPARATIONS	METHOD FOR PREPARATION
	INGREDIENTS TO ASS	SEMBLE	CULINARY NOTES:
			Allermone
			Allergens:

HOT FISH DISH Station: Position: Production: Period: Lunch Yield: Shelve Life: 1 Day SIZE

INCOMPLETE PICTURES

PLATED / PRESENTATION / INGREDIENTS

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4	5	
STEP	STEP	STEP
7		Ð
STEP	STEP	Final presentation

FUTURE FISH ITEM



QUANTITY	INGREDIENTS	PREPARATIONS	METHOD FOR PREPARATION
	INGREDIENTS TO ASS	SEMRIE	CULINARY NOTES:
			COLINARI NOTES.
			Allergens:
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HOT FISH	H DISH ASSI	GNED VESSEL	
Station:			
Position:			
Production:			
Period: Lunch	n		

Yield: Shelve Life: 1 Day SIZE

PLATED / PRESENTATION / INGREDIENTS

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