

FISH FRY MENU
September 11, 2010

Spam Fried Rice
Fresh Fruit Bowl
Orange Juice in individual bottles
Starbucks cold coffee in individual bottles
Danish Pastries or donuts

Sweet and Sour Whole Fish
Fried Fish Fillets with Tartar Sauce
Steamed Fish with Ginger and Green Onions
Tempura Hot Dogs with BBQ or Teriyaki Sauce

Equipment and Utensils

*****Ice for Tempura batter, Ice Bath for Fruit Bowl and Tartar Sauce***

Spam Fried Rice

3 Cans of Spam – ¼” cubed
12 eggs
7 cups long grain rice
Soy Sauce
White pepper
Green onions
Optional: lettuce, bean sprouts

Fresh Fruit Bowl

1 # 10 can Chunk Pineapple
1 carton green grapes
2 Cantaloupes
2 Mini watermelons
1 #10 can of Mandarin oranges
1 carton strawberries

Sweet and Sour Whole Fish

Cut 3 diagonal stripes along each side of the fish
Sprinkle whole rock cod with salt and white pepper
Dust fish with flour
Completely cover the entire fish with the Kikkoman Tempura Batter
Fry whole fish in hot corn oil – 350 degrees F

Sweet and Sour Sauce (make 2X the recipe)

Sauce:

3 cups water
4 cups pineapple juice
1/2 cups sugar
1 cup ketchup
1 tbs. hoisin sauce
4 slices of ginger root
1/2 cup distilled vinegar
1/8 teasp. of salt
1/8 teasp. red food coloring or less

Add all ingredients, except food coloring, in a stainless steel pot and periodically stirring on medium heat for about 20 to 25 minutes. Cool mixture. Place sauce in a sealed glass container and store sauce in the refrigerator. When reheating sauce for use, add red food coloring when the sauce has boiled. The sauce should look red, but not shocking red. Thicken the sauce with a corn starch and water mixture. Try and make a medium thick sauce.

Garnish:

3 green bell peppers
1 red bell pepper
2 yellow onions
6 cans of chunk pineapple

Cut peppers and onions to approximately 3/4" squares. Place in separate ziplock bags: green bell peppers, red bell pepper, and yellow onion

Fried Fish Fillets with Tartar Sauce

Cut fish in 2" fillets and check for fine bones
3 Lemons – slice in wedges
3 Lemons – juiced – Add juice to prepared fish fillet pieces
Kosher Salt to taste
White pepper to taste
Old Bay Seasoning to taste
1 gallon of corn oil – Fry fish at 350 degrees F
*1 bottle Best Foods Tartar Sauce for dipping or homemade

Steamed Fish with Ginger and Green Onions

Steamed whole fish

1 bottle of Lee Kum Kee Seafood sauce or a thin soy sauce

White pepper

1 gallon of corn oil

1 pint size container of fresh peeled Garlic cloves

3 bunches of Green onions, thinly sliced diagonally

3 large pieces of Ginger, thinly sliced

3 bunches of Cilantro leaves

Lightly salt fish and add ginger on fish before steaming. After steaming 2 fish at a time in disposable aluminum trays, drain all excess liquid. Sprinkle white pepper and seafood sauce or thin soy sauce over the fishes. Top fishes with finely shredded green onions and cilantro leaves with some stems. In a small sauce pan, heat corn oil, and garlic cloves. Pour hot oil mixture over seasoned fish.

Tempura Dogs

Dip hot dogs in Tempura batter

Fry hot dogs in hot corn oil – 350 degrees F till lightly browned

*Drain tempura dogs on a paper towel lined aluminum tray

*1 small bottle of BBQ sauce for dipping or Teriyaki sauce

Equipment and Utensils

2 woks

Set of wok cooking utensils

1 cutting board

1 tong

1 large wire mesh

1 small wire mesh strainer

2 knives

1 strainer

2 wooden spoons

1 oil funnel

1 whisk

3 grey plastic bus boxes

4 stainless steel mixing bowls (2 large and 2 medium)

4 half sheet pans

1 frying pan

1 small sauce pan

1 measuring cup

2 hotel pans

1 Ice Scoop

- 1 Ice Chest
- 1 Tin Foil
- 1 Plastic wrap
- 1 box Food handler gloves (nitrile - latex free)
- 1 box Small Zip Lock Bags
- 1 box Large Zip Lock Bags
- 3 Large black plastic trash bags
- 1 Waste container for liquid waste

Fish Fry Menu.09.11.10rev.2
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