

FISH FRY MENU
October 3, 2009

Spam and Chinese Sausage Fried Rice
Fresh Fruit Bowl
Orange Juice
Starbucks cold coffee
Banana Loaf Cake

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

Equipment and Utensils

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

Spam and Chinese Sausage Fried Rice

2 Cans of Spam - cubed
5 lop cheung – cubed
8 eggs
5 cups long grain rice
Soy Sauce
Oyster Sauce
White pepper
Green onions
Lettuce

Fresh Fruit Bowl

Fresh Pineapple
Red grapes
Cantaloupe
Mini watermelon
Mandarin oranges - canned

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 Tempura Batter
Fry whole fish in hot 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 tsp. of salt
1/8 tsp. red food coloring or less

Fried Fish Fillets with Tartar Sauce

Cut fish in 3" fillets and check for fine bones
Lemon juice
Kosher Salt
White pepper
Old Bay Seasoning
Fry fish in hot oil – 350 degrees F

Steamed Fish with Ginger and Green Onions

Steamed whole fish

Thin Soy sauce or Seafood soy sauce
Chicken stock
White pepper
Corn oil
Sesame oil
Garlic cloves
Green onions, thinly sliced diagonally
Ginger, finely sliced
Cilantro leaves

In a small sauce pan, heat salad oil with garlic cloves till lightly browned. Pour hot oil and garlic over seasoned fish that is topped with finely sliced ginger, green onions, and cilantro.

Tempura Dogs

Dip hot dogs in Tempura batter
Fry hot dogs in hot oil – 350 degrees F

Equipment and Utensils

2 woks
2 ladles
1 tong
2 large wire mesh
2 small wire mesh strainers
2 knives
1 strainer
1 wooden spoon
1 oil funnel
1 whisk
1 grey plastic bus box
3 stainless steel mixing bowls
1 frying pan
1 small sauce pan
1 measuring cup
1 hotel pan
1 Ice Scoop
1 Ice Chest

Tin Foil

Food handler gloves (latex free)

Small Zip Lock Bags

Large Zip Lock Bags

3 Large black plastic trash bags

10.03.09
Phillip Ow