

FISH PREPARATION INSTRUCTIONS

I. PREPARATION OF FISH AND MARINADE

You will need:

- Fresh or frozen fish fillet (defrost before marinating). Cod or other white - flesh fish are ideal (temperature no higher than +4°C),
- cold water/ice (50% water, 50% crushed ice),
- **the Holly Powder Fish Marinade** (150 g pack).

1. Wash the fish in the cold, running water and leave to drain.
2. Ensure no fishbones are left in the meat. Cut the meat into 50 - 150g portions. You will find our instructional video on www.hollypowder.com very helpful.
3. Make sure you have the right amount of cold water/ice, and the Holly Powder fish marinade (see instructional tables).
4. Mix the marinade thoroughly with water to dissolve completely.
5. Place the meat in a bowl and pour the marinade over it. Turn the fish in the bowl a few times and refrigerate for a minimum of one hour.

REFERENCE TABLE

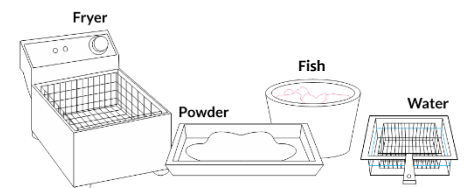
Fish in kg	Marinade in g	Water in ml
1	30	600
2	60	1200
3	90	1800
4	120	2400
5	150	3000

*Refer to other instructions when preparing poultry.

II. SEASONING AND COATING

You will need the following to coat the fish:

- **The Holly Powder Coating,**
- **The Holly Powder Seasoning,**
- a container for the coating powder (GN 1/1, 100-150mm in height or GN 2/1, 100-150mm in height),
- a container for water (GN 1/2, 150mm in height),
- a basket to dip the meat in water- it is ok to use the basket from the frying machine (23mm x 21,5mm, 100mm in height),
- IMPORTANT! Tongs to move the marinated meat between the water and the coating- so that the hands will remain dry.
- a sieve for sifting the coating powder.



Evenly apply a small amount of the **Holly Powder Seasoning** onto the fish before coating. The amount of seasoning may vary, depending on preference. Immediately after the seasoning, the fish is ready for coating.

An instructional video on coating and more is available at www.hollypowder.com

COATING THE FISH

Step 1: Place the seasoned and marinated fish into the coating powder.

Step 2: Begin the coating using the CPF method. Collect the meat and cover it with the coating. Never directly touch the meat with your fingers, only through the coating powder.

Step 3: Press the coating to the meat.

Step 4: Flip the meat so that the coating wraps it thoroughly on each side. Repeat the CPF process six times.

Step 5: Gently grab two pieces of fish by their ends and shake off the excess coating by tapping your wrists against one another three times.

Step 6: Place the fish in water.

Step 7: Using the basket, move the fish to the coating.

Step 8: Evenly space the fish on the coating powder.

Step 9: Separate the pieces gently lifting them from the bottom. Never directly touch the meat with your fingers, only through the coating powder.

Step 10: Begin coating using the CP method. Collect the meat and cover it with the coating.

Step 11: Toss the meat in the coating so that the fish is thoroughly covered on each side. Repeat the CP process six times.

Step 12: Gently grab two pieces of fish by their ends and shake off the excess coating by tapping your wrists against one another three times.

Step 13: Place the fish in the frying basket.

IMPORTANT- Place the coated fish in the frying machine immediately after the coating process has been completed.

III. FRYING THE FISH

Heat the oil in the frying machine to 170°C. Place the pieces of fish in the frying basket, so that they don't stick to one another. Place the basket into the frying machine. Deep fry the meat. Serve fresh, immediately after the frying process has completed.

Approximate frying time:

- Fish fillets – approx. 4 min.

IMPORTANT! The exact frying parameters can only be estimated based on a particular frying machine.