PAN ASIAN





TRAINING MANUAL

PMB

In this guide, we will cover...

- Equipment list
- Kitchen layout
- Your training guides
- Recipes & video tutorials

- Safety & compliance guidelines
- Kitchen opening checks
- Cheat sheets

Equipment List



CATEGORY	ITEM	QUANTITY	LINK TO PURCHASE
LARGE EQUIPMENT	Countertop deep fryer	1-2 based on volume	<u>Dual Deep Fryer</u>
	Microwave oven	1	Mlcrowave oven
SAFETY & COMPLIANCE	Probe/ thermometer	2	<u>Thermometer</u>
	Probe wipes	1 pack	<u>Probe wipes</u>
	Measuring jug	1	Measuring jug
	Magnetic digital timer, one per fryer basket	2	Magnetic timer
	Date labels	1 roll	Food date labels
	Black marker pens	1 pack	Black marker pens
SMALLWARES FOR PREP & SERVICE	Tongs (black or colour coded for compliance)	2 pcs	2x <u>Black</u> OR <u>Green</u> + <u>Yellow</u>
	Mixing Bowls (5 litre, 12 inch diameter)	4	Mixing bowls
	Squeezy bottles	6	Squeezy bottle
	Spoons	1 pack (12 pc)	<u>Tablespoons</u>
	Plastic containers (plus lids)	20 pcs + lids	<u>2lt containers</u> + <u>lids</u>
	Whisk	1	Whisk
	Green chopping board	1	Green chopping board
	Green knife	1	<u>Green knife</u>
OTHERS- SETUP	Extension lead	1	Extension lead
	Blu tack (for cheat sheets)	1 pack	Blu tack

SKU List



Source	F/C/A	SKU	PRODUCT NAME	Pack/ case size
IJ	Ambient	SAU941	Bibigo Hot Jang Korean Extra Hot Chili Sauce 12x260g	12x 260g
IJ	Ambient	OIL149	Sesame oil	1 x 500ml
IJ	Ambient	RIC110	Sushi rice 1 x 10kg	1 x 10kg
IJ	Frozen	CHI785	Frontier Fully Frozen Homestyle chicken Mini Fillets 50g	6x2kg
IJ	Ambient	SAU663	Java Curry Sauce Mix (No milk)1x1kg	1x1kg
IJ	Frozen	PAS121	Ajinomoto Vegetable Green Gyoza(Single) 30x20G	30x20g
IJ	Frozen	PAS120	Ajinomoto Chicken & Vegetable Gyoza (Single) 30x20g	30x20g
IJ	Frozen	ROL052	Tiger Tsingtao Vegetable Spring Rolls 10x50x15g	10x50x15g
IJ	Frozen	FSH514	JJ Salt & Pepper Squid Chunks 1x1kg	1x1kg
IJ	Frozen	FIS234	Pacific West Raw Panko Coated Prawns (21/25) 1x500g	1x500g
IJ	Frozen	VEG874	Yutaka Edamame Soybeans with Pods 1x500g	1x500g
IJ	Frozen	CHI791	Tyson Halal Whole Muscle Chicken Karaage-1x600g	1x2kg
IJ	Frozen	BUN044	KaterBake Bao Buns (Hirata)	60x50g
IJ	Ambient	SAU650	Kikkoman Tamari Soy Sauce (Gluten Free) 1x1L	1x1lt
IJ	Frozen	DES451	Little Moons Chocolate Ganache Mochi 30x2x32g	30x2x32g
IJ	Frozen	DES450	Little Moons Mango Cheesecake Mochi 30x2x32g	30x2x32g
IJ	Ambient	SAU572	Lion Thai Sweet Chilli Sauce-2x2.27L	2x2.27L
IJ	Ambient	VEG875	Yutaka Sushi Ginger (Pink) 1x1.6kg	1x1.6kg
IJ	Chilled	VGT081	Tofu King Fried Tofu 1x750g	1x750g
IJ	Chilled	VEG902	Fresh Cucumbers-1x4	1x4
IJ	Ambient	SP1700	Crispy Fried Onion 1x1kg	1x1kg

Source	F/C/A	SKU	PRODUCT NAME	Pack/ case size
וו	Frozen	PAS130	Ajinomoto Prawn Gyoza (Single) 30x20g	30x20g
וו	Ambient	DRK063	Coca-Cola Cans-(GB)-24x330ml	24x330ml
IJ	Ambient	DRK329	Coca-Cola Zero Sugar Cans -(GB)-24x330ml	24x330ml
וו	Ambient	DRK062	Diet Coke Cans-(GB)-24x330ml	24x330ml
IJ	Ambient	DRK025	Harrogate Still Spring Water (PET)-24x500ml	24x500ml
IJ	Ambient	SAU714	Heinz Sticky Korean Barbecue Sauce	6x875g
IJ	Ambient	CON220	750ml Kraft Food Containers (Lid Ref CON188) 1x300	1x300
IJ	Ambient	CON222	500/650/750ml Kraft Food Container Lids 1x300	1X300
IJ	Ambient	CON211	8 oz container	1X200
IJ	Ambient	CON097	4oz Hinged Sauce Cups-1x500	1X500
IJ	Ambient	BOX152	bagasse 6" box	1X500
SS	Produce	NA	Spring Onions Bunch	N/A
SS	Produce	NA	Chillies Red	N/A
ВҮ	Ambient	PWB	Pan Asian Bags	1 x 150pcs
ВҮ	Ambient	PWB	Pan Asian Greaseproof	1 x 1000pcs
ВҮ	Ambient	PWB	Pan Asian Stickers	1 x 500pcs
וו	Ambient	MIS299	Emma Basic Roasted Black Sesame Seeds 1x1kg	1x1KG
IJ	Ambient	MIS300	Emma Basic Roasted White Sesame Seeds 1x1kg	1x1KG
IJ	Ambient	DRN482	Remedy Kombucha Ginger Lemon Cans 12x250ml	12x250ml
IJ	Ambient	DRN646	Remedy Kombucha Mango Passion Cans 12x250ml	12x250ml
IJ	Ambient	DRN485	Remedy Kombucha Raspberry Lemonade Cans 12x250ml	12x250ml



KITCHEN SETUP: COOK LINE

Our kitchens have three sections. We're happy to help you find the right layout for your space - but here's a starting point

COUNTERTO P **CLEAN FRYER OIL (175C)**

VEG FRYER

MEAT FRYER **MICROWAVE**

UNDER COUNTER

FREEZER (-18C)

Keep near to Fryer

CHICKEN, PRAWNS, BAO BUNS, DUMPLINGS, SQUID, SPRING ROLLS, EDAMAME, LITTLE MOONS FRIDGE (0-8C)

Keep near Cook Line

TOFU, FRESH VEG & SAUCES



KITCHEN SETUP: ASSEMBLY STATION

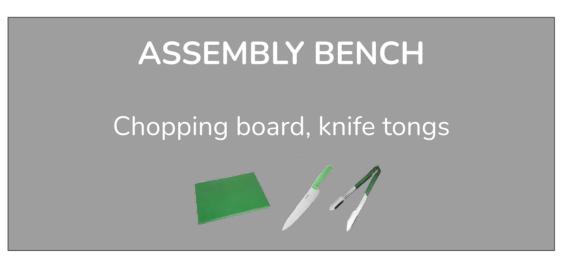






AMBIENT kept near to section
CRISPY ONIONS
SESAME SEEDS
6" CLAMSHELL
4 oz & 8oz POTS
KRAFT CONTAINER W LIDS
GREASEPROOF
STICKERS

SALADETTE 0-8C				
PICKLED GINGER	SLICED CHILLI	SLICED SPRING ONIONS	SLICED CUCUMBERS	



SAUCES IN BOTTLES 4oz/ 8oz
THAI SWEET CHILLI
HOT JANG
KOREAN BBQ
SOY & SESAME
KATSU (8oz)



KITCHEN SETUP: DISPATCH

OVERHEAD SHELF

DELIVERY BAGS



STICKERS



COUNTERTO P TABLET & PRINTER



CUTLERY & NAPKINS





UNDER COUNTER

DRINKS FRIDGE (0-8°C)

(Coke, Coke Zero, Still Water, kombucha lemon, mango passion and raspberry lemonade.)

SIDE SAUCES

(In 4 oz Containers)



FOOD PREP VIDEOS & TUTORIALS

Watch these and practice to ensure you master these processes



Katsu sauce



Sesame soy



Sliced Cucumber



Sliced Red Chillies



Sliced Spring Onion







RECIPES & FRESH PREP GUIDELINES



Follow these to ensure consistency & quality

KATSU SAUCE - MAKES 1.2kg- 12 PORTIONS				
SKU	INGREDIENTS	QUANTITY	METHOD	
	Katsu Curry block	4x blocks (200g)	 Combine water and Katsu cubes in a microwavable bow Microwave for 5 min, stir until fully dissolved. 	
	Water	1lt	3. Microwave for a further 5 min. Stir and allow to cool down before refrigerating.	

SOY & SESAME DIP - MAKES APPROX 20 PORTIONS				
SKU	INGREDIENTS	QUANTITY	METHOD	
	Soy sauce	500ml		
	Sesame seeds	4 tbsp (20g)	 Combine all ingredients in a bowl. Whisk together until fully combined. 	
	Sesame Oil	100ml		

VEG PREP FOR APPROX 20 PORTIONS				
INGREDIENTS QUANTITY SHELF LIFE				
Sliced spring onions	1 bunch (approx 100g)	3 days		
Sliced red chillies	100g	3 days		
Sliced cucumber	1 pc (400g approx)	3 days		
Keep in covered containers and refrigerate until needed				

RICE COOKING







INGREDIENTS

White rice (3kg) Water (3.250kg) Salt (10g)

Yield: approx 6.2kg

METHOD

- 1. Wash rice in running water until water runs clear
- 2. Add rice, salt and water to rice cooker/large pan
- 3. Switch on rice cooker or heat until cooked
- 4. Discard unserved rice after <u>each service</u> or <u>four</u> <u>hour</u> period.

Compliance notes:

Once cooked, rice should <u>never</u> be reheated unless strict guidelines are followed. This is because bacteria grow on the rice at <u>room</u> <u>temperature</u>. Once cooled and reheated, they will release toxins that cause food poisoning.

If you are planning to reheat rice, then it must cooked until <u>steaming hot</u> and then be cooled to <u>8C</u> or below <u>within one hour</u>, and then added to a <u>fridge</u> set to <u>0-8C</u> and stored for no more than <u>one day</u>. It will help to divide the rice into smaller portions to cool.

If rice cools <u>too slowly</u> then bacteria will grow that will release <u>toxins</u> that will not be broken down by the reheating process. This is a major <u>food poisoning risk</u>.

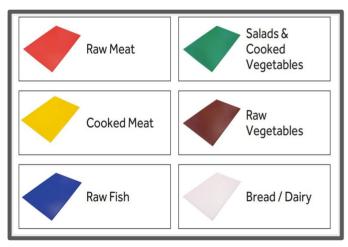
Once cooled, rice must be reheated to <u>75C and</u> <u>above</u> or until <u>steaming hot</u> and used immediately.

SAFETY & COMPLIANCE

Safety comes first! Here's some key practices you must follow to ensure safe food handling practices:

Colour coded chopping boards & utensils:

Ensure you're using the correct colour according to the type of food being handled, following the guide below. This also applies to tongs and knives.



Food temperature & probing:

All cooked & reheated food must reach an internal temperature of 75C (82C in Scotland) for 1 min. Probe items on the thickest part to ensure accurate readings.



Food labelling & dating:

Any opened or prepped food items must be covered and labelled with name, current and use by date. Use shelf life table for reference on this.

DAY	ITEM NAME QTY DATE USE BY



KITCHEN OPENING CHECKS

Check all of your equipment and prep is ready before the scheduled opening time

Cook line	
Deep fryer turned on & set to correct temp (175C)	
Timers set next to fryer	
Probe & probe wipes	
Microwave on & clean	
Assembly line	
Clean utensils (spoons, tongs)	
Sauces in Squeezy bottles & 4oz containers	
Freshly cut garnishes (spring onions, chillies, cucumber)	
Ambient garnishes (crispy onions)	
Cheat sheets laminated & visible	
Fridge & freezer inventory check	
Drinks fridge replenished	
Packaging & dispatch	
Pens	
Packaging & labels	
Heat lamps	
Tablets on & ready to go	
Printers on & paper roll in	



HOW TO PROCESS AN ORDER

When an order is received your tablet will alert you and the ticket will print automatically. Follow these steps to avoid mistakes

When a customer makes an order, the Deliverect tablet is set to auto-accept & print - you don't need to do anything

or manage the status of orders manually. When an order is received 2 copies of the ticket will print automatically.

From there:

Action	Reason
One ticket should be used on the cook line and the other should be stapled to the bag when the order is made	Matching items to the correct order
Have plenty of pens and a stapler in your dispatch area to check off orders and close bags	Missing items are the No.1 reason for refunds!
Bags should be sealed securely to make sure food stays warm and prevents items from falling out in transit	Keeps food warm
Heat lamps should be used to keep orders warm while waiting for pick up	
Drivers should mark orders as "accepted" when your order has been picked up	Dispatching the right bag, Prep Time Measure

Here's a checklist of order process...

Order Checklist		
Attach ticket to bag		
Check off each item with a pen on a ticket before packing it into the bag		
Sticker bag closed securely		
If driver not ready, place items under the heat lamp to keep warm		
Driver swipes accepted after order collection		



PACKAGING ORDERS

Following these guidelines will ensure orders are correctly packed and avoid missing or wrong items





Scan the QR to watch a video on how to pack a bag correctly...

Remember:

- Choose the right bag and sticker for the brand on the ticket.
- Put drinks, dips and cutlery (when requested) in the bag first.
- Tick every item on the receipt as you put it into the bag. This
 confirms to yourself and the customer that you haven't missed
 anything.
- Pack the heavier items on the bottom so soft foods don't get crushed.
- Fold the bag down tightly so the driver can't shake up the contents.
- Keep the bag in a warm place until the driver arrives.



COMPLIANCE - INGREDIENT SHELF LIFE

Safety comes first! Here's some key practices you must follow to ensure safe food handling practices:

Category	Product	Shelf life
Frozen protein meat	Chicken tenders	3 months
Frozen protein meat	Chicken Dumplings	3 months
Frozen protein seafood	Panko prawns	3 months
Frozen protein seafood	Salt & pepper squid	3 months
Frozen side seafood	Prawn dumplings	3 months
Frozen protein veg	Tofu	3 months
Frozen side veg	Spring rolls	3 months
Frozen side veg	Veg dumplings	3 months
Frozen side veg	Edamame	3 months
Frozen buns	Bao buns	3 months

Category	Product	Shelf life
Fresh prep	Cucumber	Day + 2
Fresh prep	Chilli	Day + 2
Fresh prep	Spring onion	Day + 2
Prepped sauce	Katsu sauce	7 days refrigerated
Prepped sauce	Soy sesame sauce	7 days refrigerated



PAN ASIAN CHEAT SHEETS



2 CHILLI SLICES IN EACH BAO











3G CRISPY ONIONS IN EACH BAO

3G SPRING ONIONS





















OF







OR



OF SAUCE

PROTEIN

IN EACH BAO







5G PICKLED GINGER IN EACH BAO









1.5 IN EACH BAO









1 IN EACH BAO



1 IN EACH BAO





























TO BUILD



TO PACK



















































25G EDAMAME









40G CHOICE











OF SAUCE







SWEET CHILLI

KATSU CURRY

PROTEIN













































TO PACK







5G SPRING ONIONS



3G SESAME SEEDS



5G CRISPY ONIONS



















40G CHOICE OF SAUCE













SWEET CHILLI





2 PCS **CUT IN HALF**





3 PCS **CUT IN HALF**



250G





SKIN ON FRIES



TO BUILD **PIMPED FRIES**



TO PACK











FRIES



CRSIPY TOFU PIMPED FRIES





CRISPY SQUID PIMPED FRIES



KARAAGE CHICKEN PIMPED FRIES

3 CHILLI SLICES



5G SPRING ONIONS



3G SESAME SEEDS



5G CRISPY ONIONS

























PRAWNS

WINGS

AALKIL



TO BUILD



TENDERS



KARAAGE



TO PACK



40G CHOICE OF SAUCE





KOREAN BBQ





SWEET CHILLI



KATSU CURRY



PLAIN





6 PCS







4 PCS

PANKO **PRAWNS**





8 PCS

SALT & PEPPER SQUID / CRISPY SQUID





4 PCS

CHICKEN STRIPS / CHICKEN **TENDERS**



KARAAGE CHICKEN / **CHICKEN BITES**







ALL INCLUDE A DIP ON THE SIDE

BE CAREFUL NOT TO FORGET THIS



40G CHOICE OF SAUCE IN 40Z POT



OR























MICROWAVE - 1 MIN



FRY 175°C - 4 MINS



FRY 175°C - 4 MINS



FRY 175°C - 4 MINS



FRY 175°C - 3 MI



























SPRING ROLLS



KARAAGE/ **CHICKEN BITES**



CHICKEN STRIPS



CHICKEN WINGS



GREASEPROO!



PANKO PRAWNS



CRISPY TOFU



SWEET CHILLI SAUCE



PLAIN RICE



SPRING ROLLS



KATSU SAUCE



SALT & PEPPER SQUID



BAO BUNS



HOT JANG SAUCE



PICKLED GINGER



VEG DUMPLING



SOY & SESAME DIP



SLICED **CUCUMBER**



PRAWN DUMPLING



KOREAN BBQ SAUCE



SPRING ONION



VEG DUMPLING



EDAMAME BEANS



SKIN ON FRIES



SLICED RED **CHILLIES**



CRISPY ONION



BLACK & WHITE SESAME SEEDS



CLAMSHELL 750ML BOWL 80Z POT **40Z POT**





COOKING TIMES ARE APPROXIMATE AND TO BE USED AS GUIDELINE ONLY ALWAYS PROBE FOODS FOR 1 MIN AT 75°C (SCOTLAND 82°C)







175℃ 5 MINS



PROBE TO 75°C



DEEP FRYER



VEG DEEP FRYER







175°C 3 MINS



COOK FROM AMBIENT



COOK FROM FROZEN



MICROWAVE COOKING









175°C 5-6 MINS







175°C 5 MINS









175℃ 2 MINS







900 WATTS 1 MIN









175℃

4 MINS



BAO BUNS





900 WATTS 2:30 MINS

PRAWN DUMPLING









5 MINS







900 WATTS 2:30 MINS









175℃

4 MINS







900 WATTS 1 MIN