3 Way Calamari

Add the cajun 2 minutes before the calamari is ready



Platter for 1 Pan

Contains Shellfish - Molluscs - Gluten - Dairy

INGREDIENTS

- 330g Calamari Tubes Grilled,
- Fried and Cajun
- 30ml Creamy Lemon Sauce
- Grilled
- 110g Calamari Tubes
- 10g OB Fish Spice
- 10ml Rapeseed Oil
- Fried
- 110g Calamari Tubes
- 8g OB Dry Mix
- 35ml Rapeseed Oil
- Cajun
- 110g Calamari Tubes
- 5g Cajun Spice
- 10ml Rapeseed Oil
- 60ml creamy lemon sauce only on grilled

METHOD

1. Grilled
2. Season the calamari with OB fish spice.
3. Grill on the flat top for approx. 4 minutes. Fried
4. Dust the calamari with OB dry mix.
5. Fry in the fryer for approx. 2 min.
6. Drain off excess oil. Cajun
7. Season the calamari with Cajun spice.
8. Grill on the flat top for approx. 4 minutes.

GARNISH

- 1 lemon wedge

EQUIPMENT

- Flat top grill
- Spatula
- Deep Fryer

NOTES

- Add the cajun 2 minutes before the calamari is ready