Calamari

Do not put sauce over Cajun or fried



Small Pan | Contains Shellfish - Molluscs - Gluten - Dairy

INGREDIENTS

- 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
- 10ml Rapeseed Oil
- 5g Cajun Spice
- Served with 30ml creamy lemon sauce

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.
9. Serve in a starter pan and garnish with a lemon wedge.

GARNISH

- 1 lemon wedge

EQUIPMENT

- Flat top grill
- Spatula
- Deep Fryer

NOTES

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WATCH THE METHOD

Frying Calamari https://www.youtube.com/watch?v=S9R9fxg1dSc