



Calamari Head Tempura

Plating: Medium Sushi Plate



Medium Sushi Plate

Contains Shellfish - Fish

INGREDIENTS

- 110g calamari heads
- ¼ nori
- 120g rice
- 10g tarama
- 2g coriander sauce
- 20g avocado
- 20g cucumber

METHOD

- 1 Apply 120gr rice on nori
- 2 Add avocado and cucumber inside and roll it
- 3 Cut into 8 pcs
- 4 Lay down all the pcs and add tarama on each piece of sushi
- 5 Place 1 calamary head on top of tarama on each piece of sushi
- 6 . Finish it with coriander cream

GARNISH

- Ginger
- Wasabi

EQUIPMENT



White Chopping Board
Rolling Mat
Sushi Knife