Calamari Heads

Recommend fried



Large Pan | Contains Shellfish - Molluscs - Gluten - Dairy

INGREDIENTS

- Grilled
- 220g Calamari Tubes
- 20g OB Fish Spice
- 20ml Rapeseed Oil
- Fried
- 220g Calamari Tubes
- 15g OB Dry Mix
- 70ml Rapeseed Oil
- Cajun
- 220g Calamari Tubes
- 3g Cajun Spice
- 20ml Rapeseed Oil
- 60ml creamy lemon sauce only on grilled

METHOD

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

- Recommend fried