



Calamari Heads

Recommend fried

Large Pan

Contains Shellfish - Fish - 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