



Calamari Heads

Remember to follow the correct ingredients for the correct cooking method Recommend the calamari heads to be cooked fried



Small Pan

Contains Shellfish - Fish - Dairy

INGREDIENTS

- 110g Calamari Heads
- Grilled
- 2g OB Fish Spice
- 10ml Rapeseed Oil
- 10ml Creamy Lemon Sauce
- Fried
- 8g OB dry mix
- 35ml Rapeseed Oil
- Cajun
- 1g Cajun spice
- 10ml Rapeseed Oil

METHOD

- 1 Grill, fry or Cajun the calamari according to OB standards.
- 2 Place in a starter pan.
- 3 Garnish with a lemon wedge.

GARNISH

- 1 lemon wedge

EQUIPMENT

-  Flat Top Grill
-  Spatula
-  Deep Fryer

NOTES

- Remember to follow the correct ingredients for the correct cooking method
- Recommend the calamari heads to be cooked fried