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 - Molluscs - Gluten - 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