



Crispy Calamari

Cold Pan



Small Pan; Small Ramekin

Contains Shellfish - Fish

INGREDIENTS

- 110g Calamari
- 50g Chips
- 50g Rice
- 25ml Cocktail Sauce
- Grilled:
 - 10g Fish spice
 - 10ml Rapeseed Oil
- Fried:
 - 8g OB Dry mix
 - 35ml Rapeseed Oil

METHOD

- 1 Grilled:
- 2 Season the calamari with OB fish spice.
- 3 Grill on the flat top for approx 4 minutes. Fried:
- 4 Dust the calamari with OB dry mix.
- 5 Fry in hot oil (180) in the fryer for approx 2 min.
- 6 Drain off excess oil. Serve:
- 7 Place the cocktail sauce in a sauce bowl in the pan.
- 8 Garnish with a lemon wedge.

GARNISH

- Lemon Wedge

NOTES

- Cold Pan