# Crispy Calamari

Cold Pan



Small Pan; Small Ramekin

Contains Shellfish - Molluscs - Gluten

## 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