Calamari 3 Ways

Calamari served three ways on one platter - grilled, fried and Cajun - with a side and creamy lemon sauce.



Platter for one.

Contains Molluscs - Gluten - Dairy

INGREDIENTS

- Grilled: 110g Calamari (100g tubes, 10g heads), 2g OB fish spice, 10ml Vegetable oil
- Fried: 110g Calamari (100g tubes, 10g heads), 8g OB dry mix, 35ml Palm oil
- Cajun: 110g Calamari (100g tubes, 10g heads), 10ml Vegetable oil, 2g Cajun Spice
- 1 x Side of choice
- 60ml Sauce of choice (Creamy Lemon Sauce recommended)

METHOD

1. Grilled: Season the calamari with OB fish spice.
2. Grilled: Oil the grill and grill for approx. 4 mins.
3. Fried: Dust the calamari with OB dry mix.
4. Fried: Fry in the fryer for approx. 2 mins.
5. Fried: Drain off excess oil.
6. Cajun: Season the calamari with Cajun spice.
7. Cajun: Oil the grill and grill for approx. 4 mins.
8. Plate all three on a Platter for One with the side and serve with creamy lemon sauce.
9. Garnish with green garnish and a lemon wedge.

GARNISH

- 1 Lemon wedge
- 1g Spring Onion (Green garnish)

EQUIPMENT

- Flat top grill
- Spatula
- Deep fryer
- Skimmer

WATCH THE METHOD

Frying calamari https://www.youtube.com/watch?v=S9R9fxg1dSc