Calamari

220g calamari (tubes and heads) served grilled, fried or Cajun with side and sauce.



Large pan with small sauce bowl.

Contains Molluscs - Gluten - Dairy

INGREDIENTS

- 220g calamari (200g tubes, 20g heads)
- 1 x side of choice
- 60ml sauce of choice (Creamy Lemon Sauce recommended)
- Grilled: 2g OB fish spice + 20ml vegetable oil
- Fried: 15g OB dry mix + 35ml palm oil
- Cajun: 2g Cajun spice + 20ml vegetable oil

METHOD

1. Grill, fry or Cajun the calamari according to the guest's choice and OB standards.
2. Plate in a large pan with side and sauce of choice.
3. Garnish with a lemon wedge.

GARNISH

- 1 lemon wedge
- 1g spring onion (green garnish)

EQUIPMENT

Flat top Grill
Spatula

WATCH THE METHOD

Frying Calamari https://www.youtube.com/watch?v=S9R9fxg1dSc
How to fry calamari https://www.youtube.com/watch?v=sL2n0S6bAgg
How to clean calamari https://www.youtube.com/watch?v=9H4786gDKgE
How to fry calamari https://www.youtube.com/watch?v=F2uWfbrgWv0