



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 Shellfish - Fish - 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>