Calamari Top up

110g calamari tubes served grilled, fried or Cajun



Starter pan. | Contains Molluscs - Fish - Dairy

INGREDIENTS

- 110g calamari tubes

GRILLED

- 2g OB fish spice
- 10ml vegetable oil

FRIED

- 8g OB dry mix
- 35ml palm oil

CAJUN

- 2g Cajun spice
- 10ml vegetable oil

METHOD

1. Grilled or Cajun: dust with fish spice or Cajun spice, oil the flat top grill, and grill turning as necessary until the calamari changes from opaque to white.
2. Fried: dust with OB dry mix and fry in hot oil (180°C) until golden brown.
3. Place in a starter pan.
4. Garnish with a lemon wedge and green garnish.

GARNISH

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

EQUIPMENT

- Flat top grill
- Skimmer
- Deep fryer
- Spatula

TIPS

- Ensure the oil is hot (180°C). Cold oil will make calamari soggy.

TAKEAWAY

Soup & Salad Bowl