Calamari Trio

Calamari heads, tubes and steak strips with side and creamy lemon sauce.



Large pan. Small sauce bowl.

Contains Shellfish - Molluscs - Gluten - Dairy

INGREDIENTS

- 55g calamari heads
- 110g calamari tubes
- 110g calamari steak strips
- 60ml creamy lemon sauce
- 1 x side of choice

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. Fry, grill or Cajun the calamari heads according to guest's choice and OB standards.
2. Fry, grill or Cajun the calamari tubes according to guest's choice and OB standards.
3. Fry, grill or Cajun the calamari strips according to guest's choice and OB standards.
4. Plate in a large pan with side of guest's choice.
5. Serve with creamy lemon sauce.
6. 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

TAKEAWAY

Fish & Chips Box & 2x Sauce containers

WATCH THE METHOD

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