Calamari

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



Large pan with small sauce bowl.

Contains Shellfish - 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

EQUIPMENT

Flat top Grill
Spatula

TAKEAWAY

Fish & Chips Box & 1x Sauce container

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