



Calamari

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



Large pan with small sauce bowl.

Contains Shellfish - Fish - 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>