Calamari 3 Ways

Calamari served three ways on one platter - grilled, fried and Cajun - with a side and creamy lemon sauce.



Platter for One. 1x sauce bowl.

Contains Molluscs - Gluten - Dairy

INGREDIENTS

- 330g Calamari (100g tubes, 10g heads)
- 1 x Side of choice
- 60ml Sauce of choice (Creamy Lemon Sauce recommended)

GRILLED

- 110g Calamari (100g tubes, 10g heads)
- 2g OB fish spice
- 10ml Rapeseed oil

FRIED

- 110g Calamari (100g tubes, 10g heads)
- 8g OB dry mix
- 35ml Rapeseed oil

CAJUN

- 110g Calamari (100g tubes, 10g heads)
- 10ml Rapeseed oil
- 2g Cajun Spice

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

EQUIPMENT

- Flat top grill
- Spatula
- Deep fryer
- Skimmer

TAKEAWAY

Platter for One Box with 1x sauce container.

WATCH THE METHOD

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