Saucy Legends

Prince prawns and whole-shell mussels cooked in spicy sauce with fried calamari heads and chips.

Large pan. Takeaway: fish & chips box.

Contains Shellfish - Molluscs

INGREDIENTS

- 5 Prince prawns
- 5 Whole-shell mussels
- 110g Calamari heads
- 120ml Spicy sauce
- Squeeze of fresh lemon juice (¼ lemon)
- 200g Chips

METHOD

1. Fry the calamari heads according to OB standards.
2. Spoon the sauce into a large pan and add the prawns. Cook over medium heat.
3. Turn the prawns once or twice in the sauce until they are cooked.
4. Add the mussels towards the end and allow to cook through.
5. Add a squeeze of lemon juice (quarter lemon) to the prawns.
6. Plate 200g chips in a large pan.
7. Plate the prawns and mussels in the pan.
8. Spoon the remaining sauce over the prawns.
9. Plate the fried calamari heads next to the saucy prawns and mussels.
10. Garnish with a lemon wedge.

GARNISH

- 1 lemon wedge

EQUIPMENT

- Large pan
- Large spoon
- Skimmer
- Deep fryer
- Boiler table

TIPS

- Do not butterfly the prawns.
- Cook the prawns in the sauce so they curl.

WATCH THE METHOD

Saucy Legends _https://www.youtube.com/watch?v=ai7vejw3_5A