

**BEECH OVENS**

SELECTED BY THE WORLD'S LEADING HOTELIERS



## *Calamari Salad with Fresh Herbs & Lemon Gremolata*

Name of dish:	Calamari Salad	
Cooking Temperature:	250°C	
Cooking method:	Sautéing	Preparation Time: 30mins
Number of portions:	1	Cooking Time: 5mins
		Time total: 35mins



<i>Ingredients</i>				<i>Method</i>
Item	Amount	UOM- Kg/MI/Each		
Calamari	120	g	1	Clean and score Calamari.
Dill	20	g	2	Marinate in Olive oil, Paprika, Garlic and Basil.
Flat Parsley	40	g	3	Grind half the Parsley and Lemon zest in a Pestle and Mortar
Red Capsicum	20	g		and add Juice, Olive Oil and a little salt.
Red Onion	20	g	4	Sear the Calamari in hot pan.
Lemon Juice	40	ml	5	Make a salad of picked Parsley, Dill, red onions and capsicum.
Olive Oil	20	ml	6	Gently toss Calamari, and salad, a little red wine vinegar.
Red Wine Vinegar	10	ml	7	Serve with Gremolata drizzled over and around the salad.
Paprika	10	g		
Garlic	5	g		
Basil	10	g		