

Sausage-stuffed squid

Cuisine: French

Food category: Pork



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Company: Retigo



Program steps

1 Steaming

Termination by time

01:00 hh:mm

65 °C

80 %



2 take out the sausages and put the calamari in

Combination

50 %

Termination by time

00:12 hh:mm

130 °C

100 %



Ingredients - number of portions - 8

Name	Value	Unit
toulouse sausage stuffing	1.5	kg
breadcrumbs	150	g
sprig of parsley	10	g
chili powder	1	g
calamari	16	pcs
extra virgin olive oil	30	ml
garlic cloves, finely chopped	4	pcs
onion	1	pcs
tomato puree	1.5	kg

Nutrition and allergens

Allergens: 1

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	602.6 kJ
Carbohydrate	78.3 g
Fat	19.9 g
Protein	24.4 g
Water	0 g

Directions

*calamari, cleaned, tentacles removed (reserved)

1. Blend the sausage meat, breadcrumbs, chili and parsley
2. Set the oven on steam at 65°C
3. Vacuum pack the sausage mixture and cook for 60 minutes. Allow to cool in a blast chiller
4. Use the mixture to stuff the squids. Reserve any remaining stuffing
5. Sauté the onions and garlic in a skillet. Once softened, add any remaining squid stuffing along with the tentacles

*garlic cloves, halved, stemmed and finely chopped

6. Add the purée and lower the heat. Simmer for 6 minutes
7. Set the oven on combi at 130°C
8. In an ovenproof dish, combine the calamari with the purée, making sure to have all the squid coated
9. Bake for 12 minutes
10. Serve

Recommended accessories



Vision Pan



Stainless wire shelving