

# Sausage-stuffed squid

Cuisine: French  
Food category: Pork



Author: Jaroslav Mikoška

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
dried chili flakes	1	g
calamari	16	pcs
extra virgin olive oil	30	ml
cloves garlic, 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	603 kJ
Carbohydrate	78.3 g
Fat	19.9 g
Protein	24.4 g
Water	0 g

## Directions

- \*calamari, cleaned, tentacles removed (reserved)
- Blend the sausage meat, breadcrumbs, chili and parsley
  - Set the oven on steam at 65°C
  - Vacuum pack the sausage mixture and cook for 60 minutes. Allow to cool in a blast chiller
  - Use the mixture to stuff the squids. Reserve any remaining stuffing
  - 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
  - Add the purée and lower the heat. Simmer for 6 minutes
  - Set the oven on combi at 130°C
  - In an ovenproof dish, combine the calamari with the purée, making sure to have all the squid coated
  - Bake for 12 minutes
  - Serve

## Recommended accessories



Vision Pan



Stainless wire shelving