

# 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

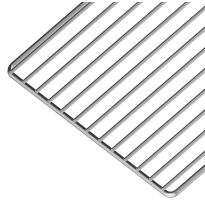
\*garlic cloves, halved, stemmed and finely chopped

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