

# 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

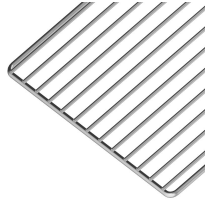
## Directions

- \*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