

Bombay Coast



CALAMARI

FROM THE INDIAN OCEAN



BOMBAY COAST LINE FEATURES

- The very best calamari from the Indian Ocean.
- A bold flavor and firm bite.
- Our stringent standards ensure quality product.
- Fully cleaned: wings (fins) removed, no head meat on tentacles.

TUBES ONLY

10 x 2.5 lb. — Indian Ocean
Item # 10703010

TUBES & TENTACLES

10 x 2.5 lb. — Indian Ocean
Item # 10703000

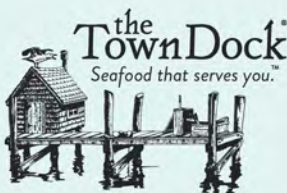
RINGS ONLY

10 x 2.5 lb. — Indian Ocean
Item # 10703030

RINGS & TENTACLES

10 x 2.5 lb. — Indian Ocean
Item # 10703020

For the highest quality calamari and fresh fish, call us at 401-789-2200 or drop us a line at info@towndock.com.



THE TOWN DOCK DIFFERENCE

Experience exceptional service with:

- Best-in-class quality that helps acquire and retain customers with the promise of repeat business
- Guidance in choosing the right product for your operation
- Expertise — Calamari is 90% of our business (it's what we do!)

Bombay Coast



CALAMARI

CALAMARI FRITTA • GLUTEN-FREE



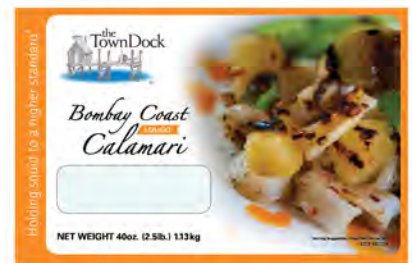
Ingredients:

6 lb. The Town Dock Calamari
Rings and Tentacles
4 cups plain Greek yogurt
2 cups lemon juice
8 cup buttermilk
¼ cup Italian herbs, dry
13.5 cups garbanzo bean flour
4.5 cups cornstarch
6 oz. salt

24 lemon wedges
¾ cup parsley, roughly chopped
8 oz. parmesan cheese, shredded

For Greek Yogurt Dipping Sauce:

12 oz. plain Greek yogurt
12 oz. mayonnaise
10 cloves garlic, roasted
2 tbsp. lemon juice
1 tbsp. salt



Yield: 12 eight-ounce servings

Preparation:

1. Prepare calamari marinade in a large bowl by mixing 4 cups Greek yogurt, 2 cups lemon juice, 8 cups buttermilk, and Italian herbs together. Then add calamari rings and tentacles to the marinade and stir to ensure calamari is thoroughly covered in the marinade. Cover and let sit in the refrigerator for 45 minutes to 1 hour before cooking.
2. While waiting for calamari to marinate, prepare the gluten-free dredge mix in a large bowl by combining the garbanzo bean flour, cornstarch, and salt. Stir with whisk to ensure all dry ingredients are combined. Set this mixture aside until it's time to cook the calamari.
3. For Greek Yogurt Dipping Sauce: Combine Greek yogurt, mayonnaise, roasted garlic, lemon juice, and salt together. Mix until a smooth sauce is formed. Cover and set aside in the refrigerator until ready to serve.
4. Pre-heat fryer to 375°F. Weigh out 8 oz. of calamari for one portion. Allow excess marinade to drip off calamari before dropping it into the dredging mixture. Once dropped into the dredging mix, gently toss calamari making sure to separate any large clumps to ensure the even coating of each ring and tentacle.
5. Shake off excess dredge mix then drop calamari into 375°F oil for 90 seconds. Shake fryer basket to avoid calamari sticking together.
6. Plate an 8 oz. portion of calamari and garnish with 2 lemon wedges and shredded parmesan cheese, serve with a 3 oz. portion of Greek yogurt dipping sauce.

