



## Squid Ring

### Specification:

SIZE	PACK	ORIGIN	STORAGE
Dia3-10cm, width 1-1.4cm Dia 3-8cm, width 1-1.4cm	Bulk or bag	China, Peru, Argentina	At or below -18°C

### Cooking Method:



1. Unpack and defrost it in normal temperature
2. Fry with oil in a pan, or cook it in a steam.
3. You can also heat it by oven for about 10minutes at 180°C

### Ingredient:

Squid meat, water,

Other related products:

