



SPICY FRIED CALAMARI

'Community Through Cooking'

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RECIPE:

INGREDIENTS:

Spicy Fried Calamari

- 1 lb baby squid, sliced
- ½ cup wheat flour
- ½ cup corn flour
- 2 tbsp dried parsley
- 2 tsp cayenne pepper
- 2 tsp paprika
- 1 egg
- whole milk
- vegetable oil
- coarse salt
- peppercorns, crushed

Dipping Sauce

- sweet Thai chili sauce

I try to keep these recipes relatively healthy but was craving something fried, so I thought calamari would be a good one to try. First attempt did not turn out well (I forgot to coat the squid with egg and all the breading fell off), but round two was a success. Here's to bringing a classic Italian seafood dish into your kitchen...meep!

This first step is optional, but if you have the time I'd recommend doing it. Take your sliced calamari and place in a bowl of whole milk for 3 hours in the fridge. This will tenderize the meat and help prevent it from getting tough & rubbery.

While that is soaking you can make the breading. In a large bowl, mix together the wheat & corn flour, dried parsley, cayenne pepper and paprika. Set aside.

After the squid is done soaking in the milk, remove it from the fridge and pat dry with paper towels. In a small mixing bowl, whisk your one egg and then lightly glaze each piece. Then, toss the squid in the breading so each one is evenly coated.

Next, heat up the vegetable oil in a saucepan on medium-high heat. Drop your squid in the hot oil in small batches to prevent overcrowding (be careful of spitting oil!!) and fry for 3 minutes. Finally, remove your calamari from the oil and sprinkle on some coarse sea salt and pepper to taste.

I like this one with a sweet Thai chili sauce to balance the kick from the cayenne pepper and paprika (aioli would be good, too). Enjoy!