

Deep Fried Squid (calamari) with Homemade Allioli (garlic mayo)



<Ingredients (4 serve)>

2 Large Squid
1 Lemon
2 tsp Sea salt
1 Egg (beaten)
100g Plain flour
30g Corn starch
Sunflower oil (for deep-fry)
Parsley

<Allioli>

2 Medium Egg white
3 Large garlic cloves
200ml Olive oil
1 Tbsp Fresh lemon juice
1/2 tsp Sea salt

<Method>

1. Clean the squid



To get started with Calamari, cleaning squid is the first thing. Part the body and head and remove the soft spine. Cut off the head/eyes and clean the body with tentacle. Peel the skin off and slice off fins from the body. Wipe off any excess water and cut into tubes.

Place the squid rings into a bowl and drizzle lemon juice over. Allow to be soaked for 30 minutes. This step makes squid tender and extra flavour.

2. Meanwhile make Alliori

Make garlic paste using pestle or very fine grater. Gather the garlic paste, egg white and sea salt in a bowl and whisk to blend.

With a hand mixer (if you have) on low speed, slowly pour olive oil in a very thin, steady stream avoiding separating oil and egg white.

Keep whisking and pouring until a creamy sauce begins to form.

Please make sure, if you prefer light form, the olive oil would be less. Adding more oil makes more steady hard form, if you like.

3. Coat the squid in batter

Dredge the squid and wipe off the moist. Rub sea salt.

Prepare two bowls: (wet) beaten eggs, (dry) plain flour and corn starch

Dredge in dry bowl and then transfer to wet bowl. Coat the egg well and dredge in dry flour again.

Remove excess flours shaking in a strainer. This makes the calamari lighter and crispier.

4. Deep fry the squid

Heat up a wok/deep sauce pan with 2.5cm around oil on high heat. When insert the cooking chop sticks to the bottom of wok, a lot of bubbles sparkle rapidly from the chop sticks, that means the oil is enough heated (190C around).



This picture shows 170C around.

Deep fry the squid for 2-3 minutes or until they turn light brown in colour, remove from the oil and drain on paper towels for removing excess oil.

Garnish the squid with chopped parsley and serve with Alliori.