THE PERFECT SALT & PEPPER SQUID

1. Using fresh or frozen squid tubes – Cut down one side of the squid tube to open the tube up. Score/trellis the **inside** of the squid tube with a fine criss-cross pattern (be careful not to cut all the way through to the other side).

2. Cut each (medium to large) scored squid tube into 6 to 8 pieces.

3. Place the scored squid pieces into the "Salt & Pepper (or Lemon Myrtle) Seasoning For The Passionate Foodie", and coat each piece well. Leave the squid pieces in the flour for 3 to 5 minutes, as the salts in the seasoning flour will draw out a little amount of moisture from the squid, which will act as a natural adhesive.

4. After 3 to 5 minutes, re-toss the squid through the Seasoning flour. Shake off any excess flour and deep fry at 180 to 200 degrees. *Canola oil is great oil for frying, as it is low in saturated fats, is cholesterol free and is a source of Omega 3.*

5. Always make sure that the oil comes up to a minimum temp of 180 degrees, before you cook your seasoned squid.

6. Avoid cooking too much squid at one time, as that will reduce the temperature of the oil very quickly, resulting in soggy squid and the seasoning coating may fall off.

7. Cook the squid for 60 to 90 seconds (depending on the thickness of the squid).

8. Remove the cooked squid from the oil and place onto some paper towel to absorb any excess oil.

9. Season the cooked & crispy squid with a few turns of your pepper mill and a small amount of salt.

10. Immediately serve the squid onto your platter or plate with a light green salad and accompany with your "Chilli, Lime & Coriander Dipping Sauce For The Passionate Foodie".

You can apply this same method to sliced pieces of chicken, fresh fish fillets or whole raw prawn tails.
If so, start from step 3.

ENJOY!!!!!

the passionate FOODIE

www.thepassionatefoodie.com.au