



www.asfm.org.au

Salt, Pepper and Chilli Squid with Spring Onion and Coriander served with Asian Salad

Adam Bishop
The Passionate Foodie



Serves 4 people

See note below for the perfect Salt and Pepper Squid

Squid Ingredients

- 750g squid tubes – cleaned, trellised & cut into pieces
- ½ teaspoon black peppercorns
- ¼ teaspoon Szechwan peppercorns
- 1 teaspoon sea salt flakes
- 1 – 2 tablespoons peanut oil (or basil oil)
- 1 birds eye chilli (hot) – finely chopped
- 1 large red chilli (mild) – slice length ways, remove seeds and finely slice
- 3 spring onions – finely sliced on slight angle
- 1 teaspoon coriander stalks – finely sliced

Squid Method

- In the wok, over a low to medium heat, dry roast the peppercorns for a few seconds. Shake the pan every few seconds
- Place the peppercorns into a mortar and crush with pestle. Or, use a spice grinder.
- Add the salt to the grinded pepper and mix together.
- Heat a wok over a high heat until smoking.
- Add the oil and the squid and stirfry for about 2 minutes.
- Add 1 teaspoon of the pepper and salt mix to the pan (use left over salt & pepper mix for another day). Toss together for 10 seconds.
- Then add the red chilli, spring onion and coriander and toss together very briefly.
- Serve the squid immediately with the salad



Salad Ingredients

¼ cucumber – peeled, quartered, de-seeded, sliced length ways
50g bean shoots
25g water cress – large stalks removed (or baby spinach)
1 orange – peeled and segmented
2 teaspoons dark soy sauce
2 teaspoons roasted sesame oil
¼ teaspoon caster sugar
a pinch of salt

Salad Method

Combine all salad ingredients in a bowl and gently toss.
Serve onto 4 plates with the squid.

Note: The perfect Salt and Pepper Squid

Using fresh or frozen squid tubes – score/trellis the inside of the squid tube with a fine cross through to the other side.
Cut each medium to large scored squid tube into 6 to 8 pieces.
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. The salts in the seasoned flour will draw out a little moisture from the squid, which will then act as a natural adhesive.
After 3 to 5 minutes, re-toss the squid through the seasoned flour. Shake off any excess flour and deep or shallow fry at 180 to 200 degrees.
Canola oil is great for frying as it is low in saturated fats, cholesterol free and a source of Omega 3.
Always make sure that the oil comes up to a minimum temp of 180 degrees before you cook your seasoned squid.
Avoid cooking too much squid at one time, as that will reduce the temperature of the oil very quickly, resulting in soggy squid.
Cook the squid for 60 to 90 seconds (depending on the thickness of the squid).
Remove the cooked squid from the oil and place onto some paper towel to absorb excess oil.
Season with a few turns of your pepper grinder.
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*.