

Fried Golden Calamari Recipe

(Calamares)

Ingredients:

1 kg medium calamari, cleaned (head, ink sacs and tentacles discarded), outer purple skin peeled off (do not cut calamari open)
Juice of 3-4 calamansi
2 egg whites
125 g plain (all-purpose) flour
250 ml oil
Salt and pepper to taste
Lettuce (optional)

Method:

Slice calamari into 1-cm rings. Marinate in calamansi juice for about 30 minutes. Dip calamari rings in egg whites, then dredge in flour. Heat oil in a wok and fry calamari rings in hot oil a few pieces at a time until they turn golden yellow, about 1 minute. Do not overcook as this will make the calamari tough. Remove calamari rings from the wok and drain on paper towels. Season with salt and pepper. If desired, place on a bed of lettuce. Serve with Garlic Mayonnaise Dip (refer Philippines Recipes) as an appetizer or as a pulutan with drinks.

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