

Stir-Fried Ginger Calamari Recipe

Ingredients:

4 ready-prepared baby calamari (squid), total weight about 250 g
1 tablespoon vegetable oil
2 garlic cloves, finely chopped
2 tablespoons soy sauce
1-inch piece fresh root ginger, peeled and finely chopped
Juice of ½ lemon
1 teaspoon granulated sugar
2 scallions, chopped

Method:

Rinse the calamari well and pat dry with paper towels. Cut the bodies into rings and halve the tentacles, if necessary. Heat the oil in a wok or frying pan and cook the garlic until golden brown, but do not let it burn. Add the calamari and stir-fry for 30 seconds over a high heat. Add the soy sauce, ginger, lemon juice, sugar and scallions. Stir-fry a further 30 seconds, then serve.

Cook's Tip: Calamari (squid) has an undeserved reputation for being rubbery in texture. This is always a result of overcooking it.

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