

Calamari San Choi Bow 009



Calamari San Choi Bow

with lettuce cups filled with calamari and vegetables

Recipe No.009

4-6 Calamari steaks finely diced

3 medium carrots

4 stalks of celery

1 red onion

1 spring onion

10 water chestnuts

Peanut oil

Sesame oil

Ground rock salt and pepper to taste

Hoi Sin Sauce

Whole iceberg lettuce

Pine nuts (optional)

Small bunch of coriander leaves

2 cloves of garlic
1. Loosen lettuce leaves and, with scissors, trim the top of the leaf. This will leave you with a nice cup with sides about 90mm

2. Prepare 6 cups or as many as you want. Immerse them all in cold water and place in the refrigerator to keep them chilled and crisp

3. Dice calamari steak finely and set aside
4. Dice all the vegetables and set aside
5. Crush garlic and dice; crush chestnuts and dice
6. Finely dice coriander stalks and chop coriander leaves
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7. Slightly pan roast pine nuts in a little peanut oil with a few drops of sesame oil. Set aside
8. Slice spring onions finely and set aside
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9. You are now ready to assemble the San Choi Bow!
In a hot pan, add peanut oil with drops of sesame oil
 - add onions and sweat; add garlic and mix
 - add all vegetables and finely cut coriander stalks and chestnuts
 - mix and cook for a few minutes until all vegetables have softened and sweated
 - add calamari and cook until the calamari turns white
10. Remove from the heat
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11. Take chilled lettuce cups, shake off excess water and place in small bowls – one per lettuce cup
12. Add calamari mixture, a little rock salt and ground pepper to taste, a few drops of Hoi Sin Sauce, shredded spring onion and chopped fresh coriander leaf
13. Fold lettuce leaf over between your fingers
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Chef's tip:

Lacewood Wild Lime Ginger and Chilli Sauce would be a great substitute for Hoi Sin Sauce

ENJOY!

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