

# Lemon and Parsley Crumbed Calamari Skewers 018



## Lemon and Parsley Crumbed Calamari Skewers

Recipe No.0186 Calamari steaks half-thawed

Cup of breadcrumbs

Sea salt and cracked black pepper

2 tsp finely grated lemon rind

3 tsp finely chopped parsley leaves

Peanut or Vegetable Oil for frying in1. Rinse each steak one at a time

2. Roll tightly lengthwise into a sausage

3. Holding tightly, slice into 1/4 plus slices and skewer at the same time so the point of the skewers come out near the end of the calamari tip

4. Place required circular calamari pieces onto a skewer: 4-5 is a good number

5. Mix remaining ingredients with breadcrumbs and pat firmly around calamari skewers

6. Heat oil in a wok at 185°C

7. Place skewers into oil being careful not to overcrowd the cooking

8. Cook until Calamari has turned white

9. Serve with a good squeeze of lemon or one of your favourite  
Lacewood Salsa

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Chef's tip:

You will have noticed that I have not floured or egg washed the  
calamari skewers.

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*This product of SquidInc never ceases to amaze me! The skewer  
comes out lightly crumbed and sticks to the surface of the  
calamari. This recipe will not work with any other species of  
squid or calamari! You can also place skewers on paper  
towelling and you will see very little oil is left behind.*

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*Flouring and egg washing before crumbing holds more oil. The  
low-fat content of calamari, even with the crumbling, does not  
increase the fat content dramatically. The kids will love it  
too! – Jack Psellos*

**ENJOY!**

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