

# Salt & Pepper Calamari



**Seafood! Eat your way to better health  
with Omega-3**

**Master Fish Merchants' Association of Australia**

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Serves 4

- 1 kg cleaned calamari/squid tubes or rings
- 1 cup cornflour (or plain flour)
- 1 tablespoon salt
- 1 tablespoon white pepper
- ½ teaspoon chili powder
- 1 teaspoon of caster sugar
- Pinch cinnamon and Chinese five spice (optional)

- Score inner surface of calamari and cut into pieces about 3cm x 6cm (alternatively use calamari rings).
- Combine dry ingredients in a bowl and mix well.
- Add calamari to mix and coat.
- Shake off excess mix and deep-fry in vegetable oil (180°C) for 1-2 minutes.
- Drain calamari on paper towel and serve immediately.
- Serve with sweet chilli dipping sauce.

