



INGREDIENTS

5 medium calamari

1 cup of Peanut (or Sunflower) oil

1 cup of 00 flour

1 cup of semolina flour

1 TBSP of kosher salt

2 lemons cut into wedges



ITALIAN FRIED CALAMARI

By Caterina Romano's kitchen

DIRECTIONS

1. Cut the calamari into rings. Pat down with paper towel to dry the calamari.
2. Combine the two flours and the salt mix well.
3. Transfer the calamari rings to the flour mixture.
4. Combine well ensuring that the calamari are fully coated.
5. Shake off the excess flour from each ring and transfer to a baking sheet lined with parchment paper.
6. Heat a large pan over high heat, add the oil. Once the oil reaches a temperature of 375 DF, add the calamari in batches. Fry for 2-3 minutes on each side until they turn golden brown.
7. Prepare a baking tray and line it with paper towels.
8. Transfer the fried calamari to the tray lined with paper towel which will absorb the excess oil.
9. Place the fried calamari on a serving dish.
10. Squeeze lemon on the calamari and enjoy.

ENJOY THE ITALIAN FRIED CALAMARI