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**Recipe:**

Fried squid (calamari)

**Ingredients:**

820 g squid  
1 x all-purpose flour  
1 x oil  
1 x salt  
1 x lemon



**Difficulty:**



**General description and procedure:**

- Start by cleaning the squid and slicing them into approximately 1 cm thick rings. Once done with slicing, dry them well thoroughly with paper towels.
- Pour all-purpose flour into a deep plate and coat the pre-sliced rings and tentacles in it.
- Place the tentacles and rings in a sieve to remove excess flour.
- Heat oil to about 175°C. Once the oil is hot, add the squid to the oil and fry them for about 3 minutes. The frying time depends on the thickness of the rings and the size of the squid.
- Once fried, drain the calamari and place them on a plate. Optionally, add salt and lemon juice to the calamari according to taste. They can be served with a side dish and sauce of your choice.