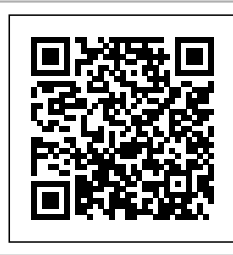


Crispy Fried Calamari



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Recipe by: Laura Vitale

Serves 4-6

Prep Time: minutes

Cook Time: minutes

Ingredients

__ 2 lbs of Cleaned Calamari, already cut into rings

__ 1 cup All Purpose Flour

__ Salt and Pepper to taste

__ Vegetable Oil, for deep frying

__ Lemon Wedges and Marinara Sauce, for serving

1) Preheat your oil in a deep fryer, if you dont have a deep fryer just use a large heavy duty saucepan and fill it 2 inches up with the vegetable oil. Heat the oil to 375 degrees. If you dont have a fryer thermometer use a candy thermometer.

2) In a large zip lock bag, add half cup of flour and season with salt and pepper. Add half of the calamari and shake around to make sure every ring is coated in the seasoned flour.

3) Sift the calamari to get rid of any extra flour and slip the calamari rings in the hot oil and cook for about 3 minutes or until lightly golden and crispy.

4) Take them out and lay them on a paper towel lined plate and sprinkle with some salt and pepper.

Repeat with the second batch. Serve with marinara sauce and lemon wedges. Serve immediately!

