

CALAMARI WITH SAFFRON AIOLI

Calamari

Place flour, pepper and salt in a clean plastic bag, add the squid rings and tie the bag to seal. Shake it until the squid is fully coated in the flour mixture.

Heat oil in a large non-stick frying pan over high heat. Cook the squid, turning occasionally, for 2 to 3 minutes or until golden brown and just cooked through. Transfer to a large plate lined with paper towel to absorb some of the excess oil.

75 g cake wheat flour
7,5 ml freshly ground black pepper
5 ml salt
3 medium (about 100 g each)
cleaned squid hoods,
cut into 5 mm-thick rings
80 ml vegetable oil

Saffron aioli

Combine the first 3 ingredients in a small microwave-safe bowl; microwave at high for 30 seconds. Leave to cool slightly. Stir in mayonnaise and lemon juice until blended well.

Serves 6

20 ml water
pinch of saffron threads, crushed
1 garlic clove, minced
125 ml mayonnaise
5 ml fresh lemon juice

