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Fried Calamari

Peter Minaki April 7, 2009 63 Comments





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One of my first and [favourite seafood](#) dishes that I enjoyed in my earlier vacations to Greece is calamari. In particular, fried calamari.

Calamari are squid. Squid belong to the cephalopod family, which include octopus and [cuttlefish](#). If you're squeamish about cleaning squid, be kind and ask your fishmonger to do this for you. Barring that, you're stuck with buying the frozen calamari rings.

Not that there's anything wrong with calamari rings or frozen [squid](#) for that matter, as most of the calamari that we eat at our tables or in restaurants is or was at some point, frozen. However, go for the full monty.

Whenever I'm [dining out](#) and I have a craving for fried calamari, I feel cheated when the plate is full of just the rings. The tentacles are the best part of the calamari. Oh sure, the rings are delish but the tentacles? Divine.

[Frozen](#) calamari is a perfectly good product and anyone of authority in Greece that I have spoken with asserts that freezing calamari (squid) can act as a tenderizer.

Another assurance of tender, succulent calamari is to not over fry the darn thing. I highly recommend a candy/oil thermometer which will give you an accurate read of the oil's temperature before frying. The ideal temperature for frying [seafood](#) (calamari) or French fries is anywhere from 365-375F.

I've cooked with calamari on several occasions and beyond cleaning them, they are a cinch [to cook](#).



Deep-fried Calamari

1 lb. of squid (thawed if frozen and [cleaned](#))

1/3 cup fine corn flour

1/2 tsp. corn starch

1 cup all purpose flour

1/2 tsp. salt and 1/4 tsp pepper

vegetable oil for frying (I use [sunflower](#) oil)

lemon wedges for garnish

1. Thaw, clean & rinse your calamari. Pat dry with paper towels.
2. In a bowl, add your flour, corn flour, corn starch, salt, pepper and mix well. Have a quick taste of the flour mixture to assure yourself of proper seasoning.
3. Toss your calamari in the flour mixture and Let stand while you pre-heat your oil for frying, then shake off excess flour (you should fry your calamari in about three inches of oil).
4. As soon as your oil hits a temperature between 365-375F, you're ready.
5. Fry your calamari for 3-4 minutes per batch (1 lb. of calamari usually takes two batches). Season with sea salt.
6. Serve immediately with lemon wedges.



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