

Calamari Salad

An impressive salad that will surprise your guests! The combination of lightly fried squid worked into radicchio is a slam-dunk with fulfilling two food categories. Sustainable seafood and hearty vegetables.

SERVINGS: 2 | **PREP:** 15 minutes | **COOK TIME:** 5 minutes | **TOTAL TIME:** 20 minutes
SOURCE: INSPIRATION FROM LE BATEAU IVRE IN MANHATTAN



INGREDIENTS

1/2 Pound Squid

1/2 Pound Radicchio

1 Cup Flour

1 Lemon

1 Tablespoon Balsamic Vinegar

1/4 Cup Olive Oil

2 Cups Vegetable Oil

1 Bunch Parsley (Garnish)

INSTRUCTIONS

- Julienne radicchio and then cut into half the size. Toss with a bit of olive oil, season with kosher salt and set aside
- After cutting squid tubes into rings, tossed lightly in seasoned flour, coating all over and set aside
- Heat vegetable oil in deep frying pan or medium-sized pot and bring oil to medium-high heat (after about 3-minutes)
- With mess spoon place batches of squid rings into hot oil and flash fry for two and half minutes only
- Remove calamari and spread out onto paper town to let excess oil release; season with kosher salt a bit
- After cooled down, gentle add and turn into the radicchio (you can do this with your hands gently)
- Before plating, drizzle vinegar across plate turning plate as you do it
- Build radicchio and calamari in round mold (can make out of bottomless paper cup or throw-away container. Or build up carefully with hands)
- Give another drizzle of vinegar and olive oil over the top, and can squeeze a little lemon all over
- Optional: garnish with parsley or fennel fronds

* Note for best fried calamari result: your looking for a lite, crisp fried coating but still tender.

Source URL: <http://www.michaelannrowe.com/recipes/calamari-salad>