

## Starter

# Tempura fried squid

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**4 people**

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## Ingredients

1x large fresh squid

75g plain flour

25g cornflour

Pinch of sea salt

Ice cold sparkling water (enough to make a batter consistency that coats the back of a spoon)

Vegetable oil for frying

## How to cook it

1. Prepare the squid by first cutting off the head & tentacles and pulling off the wings attached to the tubular body. The tentacles and wings can then be washed and cut up for frying later. Next remove and discard the spine which is embedded along the length of the body on the inside of the tube by pulling it firmly in the direction of the head. Remove the guts by inserting your fingers into to the tube and pulling any gloop and ink out (not all squid have their ink intact so don't worry if there isn't any). The body of the squid can then be rinsed and cut into rings approx 5mm thick and mixed with the tentacles and wing pieces. Refrigerate until ready to fry off.

2. Make the batter by sieving the flour, cornflour and sea salt together and adding enough ice cold sparkling water to form a smooth paste that coats the back of a spoon.

3. Heat the oil in a deep fat fryer or deep sided pan to 195°C.

4. Add the squid to the batter and stir until fully coated.

5. Drop small batches of the battered squid into the hot oil & fry until golden brown and crisp (approx 2 mins)

6. Using metal tongs remove the squid from the oil and drain on kitchen paper.

7. Serve immediately on it's own with lemon or lime & sea salt or with a dipping sauce of your choice.