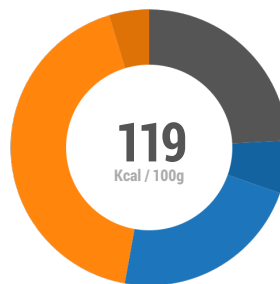


# Battered Calamari with a Homemade Tartare Sauce

Lightly battered and fried calamari with a homemade tartare sauce and a wedge of lemon

By Mark Irish from Brakes

Overview ...



CALORIES:

28.6% Carbs

24.2% Protein

47.2% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



EGGS



MILK



MOLLUSCS



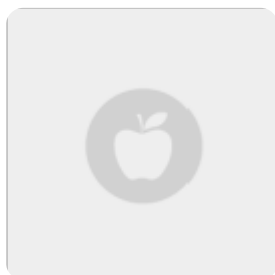
SULPHITES

Recipe Ingredients ...

	Quantity:	Description:
35242 Arctic Royal Whole Cleaned IQF Squid Tubes - BRAKES	100g	
350091 Brakes Plain Flour - BRAKES	20g	
89703 Brakes Real Mayonnaise - BRAKES	20g	
36037 Brakes Capers in Brine - BRAKES	5g	
86822 Brakes Cocktail Gherkins - BRAKES	5g	
114218 Lemons - BRAKES	60g	
70218 Brakes Fresh Semi Skimmed Milk - BRAKES	20ml	

Products / Pack Sizes ...

1 Serving



Product code

Barcode

230g / 276kcal

# 1

**Preparation:**

Defrost the squid

Cut the capers into 5mm dice

Cut the gherkins into 5mm dice

**Method:**

1. Pre-heat the fryer to 180°C
2. Open up the squid & carefully score with a sharp knife then soak in the milk for a few mins
3. Mix the diced gherkin & capers with the mayo - add salt & pepper & a squeeze of lemon if desired
4. Remove the squid from the milk and dust all over with the flour
5. Place in the fryer and cook for 2 mins or until the squid is nicely golden - drain
6. Decorate your chosen plate with the tartare sauce mix & add the fried calamari. Serve with a wedge of lemon