



INGREDIENTS

Serves 4

- 700 g (1.5 lb) fresh squid, cut into rings of about 2.5cm
- 570 ml (1 pint) milk
- 300 g (11 oz) plain flour
- salt
- 1 dsp of paprika or cayenne pepper
- vegetable oil
- juice of 1 unwaxed lemon
- 280 ml (10 fl. oz) mayonnaise

METHOD

- 1 Pull the squid apart and cut just in front of the beak. Throw the beak away, but keep the tentacles. Remove the plastic film from inside the squid's body. Cut the squid into rings no bigger than 2.5 cm. Alternatively, ask your fishmonger to prepare them for you.
- 2 Put the squid rings into a bowl and add the milk.
- 3 Take the rings out and shake off the excess milk.
- 4 Mix the paprika or cayenne pepper into the flour and dip the rings in so they are lightly coated.
- 5 Heat the vegetable oil to 160-170°C/ 325°F. (Use about 10 cm (4") of oil in a pan 25 cm (10") high. Alternatively, use a deep-fat fryer.)
- 6 Deep fry the floured rings until golden brown.
- 7 Add the lemon juice to the mayonnaise and stir in.
- 8 Serve the calamari rings immediately with the lemon mayonnaise.



ABOUT SEAFOOD



- Squids are molluscs turned inside out and are mobile, streamlined carnivores with large eyes and arms. Their internal support consists of remnants of a shell.
- By deep frying squid in batter, you are effectively heating the squid gently and evenly from all directions. The batter, once it's cooked in hot oil, acts as a layer of insulation and slows subsequent heating.
- Calamari is squid served as a meal.
- The Romans were the first to exploit shellfish in Great Britain. They had a particular love for oysters.
- The UK exported nearly 100,000 tonnes of shellfish in 2004, valued at over £310 million.
- Spain is the top export destination for shellfish from the UK (followed by France and Italy), receiving around one third of the total shellfish exports. The UK also exports to India and the Seychelles.
- Because of the oils and vitamins found in fish and shellfish, seafood is an important part of a healthy diet. It is a good source of protein, contain various minerals and B vitamins.
- Up to 5 times as much protein has to be fed to farmed tiger prawns than they produce.