

salt and pepper squid

summer



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EST. 1981, SYDNEY FISH MARKETS PYRMONT

Salt and pepper squid

Serves 6

1kg squid tubes, halved lengthways
250ml (1cup) lemon juice
250g (2 cups) cornflour (cornstarch)
1 1/2 tablespoons salt
1 tablespoon ground white pepper
2 teaspoons caster (superfine) sugar
4 egg whites, lightly beaten
oil, for deep-frying
lemon wedges, for serving
coriander (cilantro) leaves, for garnish

Open out the squid tubes, wash and pat dry. Lay on a chopping board with the inside facing upwards. Score a fine diamond pattern on the squid, being careful not to cut all the way through. Cut into pieces about 5 x 3cm (2 x 1 1/4 inches). Place in a flat non-metallic dish and pour the lemon juice over the top. Cover and refrigerate for 15 minutes. Drain and pat dry.

Combine the cornflour, salt, white pepper and sugar in a bowl. Dip the squid into the egg white and then into the flour mixture, shaking off any excess.

Fill a deep fryer or large saucepan one-third full of oil and heat to 180°C (350°F), or until a small cube of white bread dropped into the oil turns golden in 15 seconds. Cook batches of the squid for 1-2 minutes, or until the flesh turns white and curls. Drain on crumpled paper towels. Serve with lemon wedges and garnish with coriander.

SYDNEY FISH MARKETS PYRMONT
BROADWAY
GALERIES VICTORIA (COOKED)
BONDI JUNCTION (COOKED)
BONDI JUNCTION (FRESH)
GLADESVILLE
RHODES
MACQUARIE
NORTH ROCKS
RICHMOND
DEE WHY
NEUTRAL BAY
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