



Crispy calamari with saffron aioli sauce

10'
Hands on

10'
Cook Time

4-6
Portion(s)

1
Difficulty



Method

- [Cut](#) the [calamari](#) into rounds and then, put them in a bowl.
- Add the sugar, salt, pepper, and mix.
- Place a [deep pan](#) along with the sunflower oil over high heat.
- In a [bowl](#), add the flour, corn starch, semolina, corn flour, salt, and mix with a spoon.
- Take one calamari round at a time and dip it into the flour. Then, quickly dip it into a glass of water and again into the flour. In this way, they will become very crispy.
- Put them into the hot oil in batches, and fry for 1 minute. Remove by using a [slotted spoon](#) and set aside.

For the sauce

- In a [mortar and pestle](#) add the garlic and salt, and bash until the garlic becomes a paste.
- Add the lime juice, the chili pepper finely chopped, saffron, mayonnaise, olive oil, and mix well.
- Serve with lime slices, basil, mint, and paprika.

Ingredients

- 1 kilo squids
- 1 teaspoon(s) granulated sugar
- salt
- pepper
- 30 g maize flour
- 40 g semolina
- 150 g all-purpose flour
- 20 g corn starch
- 600 g sunflower oil, for frying

For the breading

- 1-2 tablespoon(s) olive oil
- 1/2 clove(s) of garlic
- salt
- pepper
- 1/4 teaspoon(s) saffron
- 1 chili pepper
- 1 tablespoon(s) [homemade mayonnaise](#)
- lime juice, of 1/2 lime

To serve

- 1 pinch chili flakes
- 1 lemon, slices
- herbs, fresh
- paprika

Διατροφικός πίνακας

Nutrition information per portion

388 Calories (kcal)	15.0 Total Fat (g)	2.2 Saturated Fat (g)	33.0 Total Carbs (g)
19%	21%	11%	13%
1.3 Sugars (g)	29.0 Protein (g)	1.7 Fibre (g)	1.0 Sodium (g)
1%	58%	7%	17%