



There was a 3 for 1 offer on seafood at the local supermarket a while ago. The baby Squid were part of my haul. So a very ?Made Up? stuffed Squid gig was created!

Ingredients:-

Stuffed Squid

Rice
Capers
The juice of a Lemon
1 Onion, finely chopped
Chorizo, finely chopped
Garlic Salt
Oil to fry
Turmeric
Olive Oil

Method:-

- (1) Boil a small amount of Rice sufficient to make the major part of your stuffing. Drain and set aside to cool.
- (2) Gently fry the Onion and Chorizo and add the Garlic Salt.
- (3) Add mix all the ingredients except the Turmeric and Olive Oil in a bowl to create your stuffing.
- (4) Stuff the Squid Bodies and use a Cocktail stick the close the open end.
- (5) Mix the Turmeric and Olive Oil and brush over the outsides.

(6) Place under the grill and grill on both sides until the Squid is just cooked.

Ingredients:-

Battered Squid Heads!:-

Gram Flour

Salt & Pepper

1 Egg, beaten

Chilli Flakes

Method:-

(1) Mix the ingredients with enough water to make a stiff batter.

(2) Coat each head and deep fry until they pop up in the oil.

(3) Remove and drain on kitchen paper.

Sue made a stir-fry with Bok Choy, Red Peppers and Spring Onions. With a Tomato based sauce to drizzle and served over Rice Noodles this was a really tasty dinner. OK not everybody would want the deep fry heads staring at them, but we're not squeamish like that!