

Alberto's Fried Calamari Sandwich Recipe

Ingredients

½ lb fresh calamari, cleaned and cut in slices. Use legs too
½ cup flour
A pinch of salt
A pinch of pepper
Pure olive oil or extra virgin olive oil, enough to fill a deep skillet (about an inch deep)
Aioli (optional)
Arugula
2 Tbls salad dressing (olive oil, sherry wine vinegar, salt and pepper)
French baguette

Preparation

1. Mix the arugula with the dressing, and layer in the baguette. Not too much.
2. Add a little the aioli to the bread.
3. Mix the calamari in the flour, with salt and pepper.
4. In a deep pan, heat the oil to approximately 375– 400 degrees Fahrenheit (on medium high heat).
5. Fry the calamari for about 2 minutes.
6. Take out and drain on paper towels.
7. Place the fried calamari on the arugula, cover with other slice of the bread.

A few tricks from Alberto:

- To use the least amount of flour, put it in a plastic bag with calamari, the salt and the pepper, and shake.
- You can also add some pimenton to the flour, for a more intense flavor
- Don't use much dressing. Just a little to add some flavor to the arugula
- To have the oil emulsify well with the vinegar, add a very little touch of cream or milk.
- Make sure the oil is at the right temperature before adding calamari.
- I prefer to use olive oil, since I think it adds the best flavor and is healthier, but other oils like peanut oil or vegetable oil will also work.