

# 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.