

## **FRIED SQUID – CALAMARES FRITOS**

### **INGREDIENTS**

**450g fresh squid, cleaned and cut into rings**  
**5-6 tbsp plain white flour**  
**2 medium eggs, lightly beaten**  
**olive oil for frying**  
**1 lemon, cut into wedges**  
**salt**

### **PREPARATION**

**Rinse and dry the squid well. Put the flour into a wide-bottomed bowl and toss the squid rings in it, until lightly coated. Then dip the pieces into the beaten egg. If shallow frying, heat about ½ inch of the oil in a heavy based frying pan, and when hot, drop in the squid, a few rings at a time for 2 minutes, until golden brown. Drain the rings well, place on a serving dish, sprinkle with some salt, and garnish with the lemon wedges.**

**This dish is well accompanied by either mayonnaise or ali-oli sauce.**

Recipe provided by SpainGuides.com.  
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