

Fried Calamari

Crispy fried calamari with tender squid rings. This easy Greek appetizer recipe creates restaurant-quality results at home in just 75 minutes.

60	15	75	4	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Fried Calamari

Ingredients

- 1.1 lb squid
- 0.5 cup club soda
- 1 cup flour
- 1 cup sunflower oil
- 1 tsp salt

Instructions

- 1 Prepare the squid**

Clean 1.1 lb squid if using whole squid by removing heads, tentacles, and internal cartilage. Slice the body into 1/2-inch rings and cut tentacles into bite-sized pieces if using.
- 2** Place all squid pieces in a bowl and pour 0.5 cup mineral water over them until completely covered. Let stand for 1 hour to tenderize the meat.
- 3 Prepare for frying**

Drain the squid and rinse thoroughly under cold running water, rubbing gently to remove any residue. Pat completely dry with paper towels until no moisture remains.
- 4** Combine 1 cup all-purpose flour with 1 tsp salt in a shallow dish. Mix well to distribute the salt evenly throughout the flour.
- 5 Heat the oil**

Heat 1 cup vegetable oil in a heavy-bottomed pan or deep fryer to 350°F (175°C). Use a thermometer to monitor temperature and maintain heat between 350-375°F (175-190°C).
- 6 Fry the calamari**

Working in small batches, dredge dried squid pieces in seasoned flour mixture, shaking off excess coating. Immediately fry for 2-3 minutes until golden brown and crispy, turning once if needed.
- 7** Remove fried calamari with a slotted spoon and transfer to paper towels to drain for 30 seconds. Serve immediately while hot and crispy with lemon wedges.

Tips

Soak squid in mineral water for at least 1 hour before cooking - the minerals help break down tough fibers for more tender results.

Pat the squid completely dry after soaking and before coating to ensure the flour mixture adheres properly and creates a crispier crust.

Maintain oil temperature between 350-375°F using a thermometer - too cool and the calamari will be greasy, too hot and it will burn.

Don't overcrowd the pan when frying - cook in small batches to maintain oil temperature and ensure even browning.

Season the flour mixture with a pinch of salt, pepper, and paprika for extra flavor in the coating.

Serve immediately while hot and crispy - fried calamari loses its texture quickly as it cools.

If the coating isn't sticking well, lightly dredge the squid in beaten egg before coating with the flour mixture.

For extra tender calamari, add a tablespoon of baking soda to the mineral water soaking solution.