

Gluten Free Fried Calamari with Zesty Mediterranean Salsa

Ingredients:

Fryer

1 gallon heavy duty stock pot
1 quart of your favorite frying oil

Calamari

1 lb. calamari tubes and tentacles cleaned
2 cups Bob's Red Mill All Purpose Gluten Free Flour
1/2 teaspoon cracked black pepper
1 teaspoon lemon zest
1/2 teaspoon coarse sea salt

Mediterranean Salsa

12 very ripe plum tomatoes chopped
3 cloves garlic finely chopped
1 heaping tablespoon minced Italian Parsley
1 heaping tablespoon minced fresh Oregano
1 tablespoon minced fresh red hot chili pepper
Juice of 1 whole lemon
1/8 cup extra virgin olive oil
A pinch of salt and pepper to taste
Place all ingredients in a blender and mix until uniform

Method

Dusting the Calamari

Rinse and Pat Dry Calamari
Slice Tubes into 1/2 inch rings
Leave tentacles intact

Place Flour and accompanying ingredients in a large mixing bowl

Blend all dry ingredients together with a rubber spatula making sure all flavors have come together

Heat Oil to 350 degrees Fahrenheit and maintain temperature

Place all calamari pieces in mixing bowl and toss together with flour mixture

Should be dry to the touch with flour. Take out a handful at a time, shake off excess and place in frying pan. Calamari will firm up quickly and begin to curl up. This should take less than a minute. Place fried calamari on paper towel and repeat procedure until all calamari is finished.

Serve in a large bowl with ,lemon wedges a side of Zesty Sauce and a Dollop of Sour Cream