

# Salt and Pepper Grilled Calamari with Middle Eastern Couscous, Crispy Carrot Julienne and Lemon Parsley Dressing

SERVES 4

## Ingredient

- 400g calamari tubes
- 200ml of whole milk
- 2 sprigs of parsley
- 1 fresh lemon juiced
- 1 teaspoon (tsp) lemon zest
- 12 tablespoons (tbls) olive oil
- 2 medium carrots
- 500ml of peanut oil or vegetable oil
- 100g of Moroccan couscous
- 4 tsp of chopped spring onions
- 1/2 diced red capsicum
- 1/2 diced Lebanese cucumber
- 1 tsp ground cumin
- 1 tsp ground Moroccan spices mix
- 6 tbls olive oil
- 1/2 to 1 fresh lemon juiced
- Salt and pepper to taste



## Method

### Firstly, your salt and pepper calamari:

To prepare the calamari I recommend tenderising it in order to get the most out of the meat. Cut a tube down the centre so that will open out flat. Score shallow diagonal cuts in a crisscross pattern on the inside surface taking care not to cut right through the calamari. Cut the tube in rectangles or triangles of about 30g each. Scoring makes them curl up when in contact with hot oil while also allowing flavour to penetrate the meat. Place the calamari into a container with the milk and refrigerate for at least 3 hours (ideally overnight). The acidity of the milk will allow the calamari to further tenderise. After 3 hours, strain the meat and lightly pat dry using paper towel. Add salt and a good touch of freshly ground white or black pepper and leave aside until your ready to cook.

# Salt and Pepper Grilled Calamari with Middle Eastern Couscous, Crispy Carrot Julienne and Lemon Parsley Dressing

SERVES 4

## Method

Now, prepare the dressing:

Blend the parsley, lemon juice, lemon zest and half of the olive oil together using a liquidizer or blender/hand blender and store in a container at room temperature.



Prepare the crispy carrot julienne:

Peel the carrots. Using a mandolin slice them lengthways into 3 mm thick strips. Place 3 or 4 slices on top of the other and on angle cut in 3 mm julienne strips. Put the strips onto a paper towel and to dry completely. In a saucepan bring the peanut oil or vegetable oil to about 140 degrees and turn your oven on to 110 degrees. Add the julienne to the saucepan and gently fry stirring occasionally for about 4 minutes. Place the strips on a tray lined with a few layers of kitchen towel and place into the oven for about 7 minutes until crispy. This will not only nicely crisp the julienne but will also allow the carrots release any excess oil. Let the julienne rest at room temperature in a DRY environment.

Prepare the Middle Eastern couscous:

In a small saucepan add 200ml of water with a touch of salt and bring to boil. Add the remainder of the olive oil and the couscous and stir well then let it sit for 1 minute off the stove. After 1-minute stir again, let it sit then stir again until it is cooked evenly. Add the other ingredients, mix well and set aside.

Cook the calamari: In a hot frying pan with a bit of vegetable oil until brown on the scored side.

Plate and Enjoy!  
Gianni