

# Calamari

*Tribeca Cookbook*

**Servings:** (Scaled 1/4x)

## INGREDIENTS

**serving: 1**

**1/4** pound calamari

**1 1/2** floz Milk

**1/2** tablespoon lemon juice

**1/4** tablespoon tabasco sauce

**2** floz ap flour

**1/4** tables spoon smoked paprika

**1/4** tablespoon salt

**1/4** tablespoon black pepper

## DIRECTIONS

1. Slice calamari tubs
2. Combine milk juice and hot sauce allow to thicken
3. Add calamari to milk and allow to sit in walkin for 12 to 24 hours
4. To bread combine flour and seasoning
5. Drain off calamari and dredge into flour mix
6. fry in 350 oil for 2min. Drain and serve

## NOTES

Do not allow to sit more than 2 days

## NUTRITION

Per Serving (excluding unknown items): 780 Calories; 23g Fat (25.8% calories from fat); 88g Protein; 58g Carbohydrate; 1g Dietary Fiber; 1124mg Cholesterol; 474mg Sodium. Exchanges: 10 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 2 Non-Fat Milk; 3 Fat.