

MasterFoodsTM

PROFESSIONAL

Szechuan Style Sweet and Sour Salt and Pepper Squid
RECIPE

Szechuan Style Sweet and Sour Salt and Pepper Squid



<?xml version="1.0"?>

TIME

30 MINS

INGREDIENTS

9 items

MAKES

12 servings

Crispy squid coated and fried in Szechuan spices, then draped with a classic sweet and sour sauce to create an eye-popping and flavoursome dish which can be enjoyed as a starter, share dish, or main.

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INGREDIENTS

- 800 g Squid hoods, cleaned, halved and scored
- ½ cup Rice Flour
- 2 tbsp. MasterFoods™ Professional Szechuan Spice
- 1 tbsp. Szechuan Peppercorns, toasted and ground
- 1 tbsp. Salt Flakes
- Handful of fresh Mint Leaves
- ½ cup MasterFoods™ Professional Sweet and Sour Sauce, plus extra for dipping
- 2 Bird's Eye Chillies, thinly sliced on a bias
- Oil, for frying

PRODUCTS USED



MasterFoods Professional Gluten Free Sweet & Sour Sauce 2.7kg

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MasterFoods Professional Szechuan Seasoning 745g

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Cooking Instructions:

1. Heat a deep fryer or heavy-bottomed pan with oil to 160°C. Mix the rice flour with the Szechuan spice, peppercorns, and salt.
2. Lightly coat the squid and shake off any excess flour, and fry for 2 to 5 minutes until golden all over. Carefully remove from the oil and leave to drain on a wire rack set over a baking sheet.
3. Fry mint leaves off for 10 to 20 seconds and remove from oil, setting aside on paper towel.

4. 4.
Heat a medium wok and add sweet and sour sauce. Toss through the squid and cook for 30 seconds, until the sauce clings to the squid.
5. 5.
Remove from the wok and transfer to serving plate. Garnish with crispy mint leaves and extra sweet and sour sauce, and slices of chilli.

Tips:

1. 1
Serve this dish as a main with steamed jasmine rice.
2. 2
For extra freshness, add some finely spring onions and coriander for garnish.
3. 3
Replace the squid with white fleshed fish or firm tofu.
4. 4
Serve with lime wedges for extra acidity.
5. 5
Serve with black vinegar and MasterFoods™ Professional Soy Sauce, and a few drops of sesame oil for extra dipping options.

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[Choc-Berry Bircher Muesli](#)

Cooking time

10 min

Ingredients

11 items

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[Shredded Barbecue Chicken Pancakes](#)

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



Gua Bao Buns

Cooking time

10 min

Ingredients

11 items

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New York Inspired Tagliatelle Pasta

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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