

# MasterFoods™

## PROFESSIONAL

Paprika Crumbed Calamari  
RECIPE

### Paprika Crumbed Calamari



<?xml version="1.0"?>

TIME

10 Mins

INGREDIENTS

10 items

MAKES

6 servings

Looking for a great light meal option to go with the sweet & tangy thousand island dressing? Try these crunchy spiced calamari rings, they are full of flavour and easy to prepare.

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## INGREDIENTS

- 500g fresh calamari, cut into 1 cm thick rings
- $\frac{3}{4}$  cup plain flour
- 1 tbsp. smoked paprika
- Salt and pepper, to taste
- 2 eggs, whisked
- 2 cups panko breadcrumbs
- 1 tbsp. MasterFoods™ Professional Paprika Ground
- Vegetable oil for deep frying
- $\frac{1}{3}$  cup MasterFoods™ Professional Thousand Island Dressing
- Lemon wedges and green salad, to serve

PRODUCTS USED

MasterFoods Professional Gluten Free Thousand Island Dressing 2.5kg

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## Cooking Instructions:

1. 1  
Heat the oil in wok or deep pan ready for frying and pre-heat oven to 150°C. Add the smoked paprika the flour and season with salt and pepper.
2. 2  
Set up a dredging station with seasoned flour, eggs, and panko breadcrumbs alongside each other. Add calamari rings a few at a time first into the flour, then the egg, then the breadcrumbs, shaking off the excess.
3. 3  
Fry rings in batches for 2-3 minutes until golden, then transfer to a wire rack set over a baking tray. Sprinkle over paprika and place in the oven to keep warm until all rings are cooked.
4. 4  
Serve with lemon wedges, fresh green salad and Thousand Island dressing on the side.

## Tips:

- 1  
To save time the coating and prep can be done in advance and chilled until ready to cook.
- 2  
Also great with MasterFoods™ Professional Tartare Sauce or MasterFoods™ Professional Sweet Thai Chilli Sauce.

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Cooking time

10 min

Ingredients

11 items

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Cooking time

60 MINS

Ingredients

8 items

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Cooking time

10 min

Ingredients

11 items

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Cooking time

15 Minutes

Ingredients

12 items

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