

# Fry Calarmari

[To go back to INDEX - Click INDEX tab](#)

Cooking time:

0 minutes

<b>Yield:</b>	<b>pints</b>	<b>8</b>	<b>6</b>	<b>4</b>	<b>2</b>
---------------	--------------	----------	----------	----------	----------

<b>Two Bowls</b>	<b>pint</b>	<b>1</b>			
<b>Fry Pan with olive oil</b>	<b>#</b>	<b>1</b>			

<b>Water</b>	<b>TBSP</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Eggs</b>	<b>#</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

Add to bowl, Beat & Set aside

<b>Cheese, Parmesan</b>	<b>cups</b>	<b>1</b>	<b>3/4</b>	<b>1/2</b>	<b>1/4</b>
<b>Flour, whole wheat</b>	<b>TBSP</b>	<b>12</b>	<b>9</b>	<b>6</b>	<b>3</b>
<b>Pepper, black</b>	<b>teasp</b>	<b>1</b>	<b>3/4</b>	<b>1/2</b>	<b>1/4</b>

Add to bowl, Beat & Set aside

Heat pan on high with oil until hot

Reduce to medium

<b>Calamari Steaks</b>	<b>1/4 lb@ cups</b>	<b>4</b>			
------------------------	---------------------	----------	--	--	--

Dredge one steak in flour mix

Then dip in egg mix

Add to pan for about 3/4 of a minute

Turn over steak for another 3/4 off a minute

Set steak asside in warm place

Do the other steaks in the same above manner

<b>Oil, olive</b>	<b>TBSP</b>	<b>8</b>	<b>6</b>	<b>4</b>	<b>2</b>
<b>Juice, lemon</b>	<b>TBSP</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Capers, rinse/drain</b>	<b>TBSP</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

Clean pan & Add above

Cook until heated - about a minute

Pour over steaks & Serve