

**OVERALL time: 70 mins**

# FRIED LOUISIANA CAJUN CALAMARI WITH A CAJUN DIPPING SAUCE

If you enjoy calamari, this cajun version is filled with flavour, taste and yumminess.

Metric

**Number of servings : 4**

## ingredients

### For fried Cajun calamari

- 250 ml Buttermilk
- 500 ml Flour
- 45 ml **Cape Herb and Spice Louisiana Cajun Rub**
- Oil for deep frying
- Salt & Pepper

### For Cajun dipping sauce

- 250 ml Mayonnaise
- 60 ml Tomato Sauce
- 30 ml **Cape Herb and Spice Louisiana Cajun Rub**
- 15 ml Dijon mustard
- 2.5 ml Ground garlic
- A squeeze of lemon juice

### To serve

- Zest of half a lemon
- 1 Lemon, cut in wedges

**THIS IS WHAT YOU WILL NEED TO DO**

**PREP TIME: 60 mins | COOKING TIME: 10 mins**

## **Fried Cajun Calamari**

Pour the buttermilk into a large bowl; add the calamari and allow it to sit submerged for at least 1 hour. While you wait, prepare the cajun mayo.

### **Cajun Dipping Sauce**

Mix all of the ingredients for the Cajun mayo together, taste and adjust the seasoning. Set aside until ready to use.

### **Calamari cont.**

Add the flour and spice to a large bowl and whisk well to combine. Use one hand to pick up pieces of calamari from the buttermilk and drop into the flour. Use the other hand to evenly coat the calamari in flour. Shake off any excess and then lay the dredged calamari onto a baking tray. Repeat until all of the calamari is coated.

Set a large pot over high heat with enough oil for deep frying. Heat the oil to 180 °C.

Carefully drop a handful of calamari into the hot oil and fry until golden. Drain the cooked calamari on a piece of kitchen towel. Repeat until all of the calamari is fried.

### **To Serve**

Season with salt and pepper and add a grating of lemon zest. Serve with cajun mayo dipping sauce and lemon wedges for squeezing over.

Recipe by CRUSH magazine

<https://capeherb.co.za>

Metric

## **ingredients**

### **For fried Cajun calamari**

- 250 ml Buttermilk
- 500 ml Flour
- 45 ml **Cape Herb and Spice Louisiana Cajun Rub**
- Oil for deep frying
- Salt & Pepper

### **For Cajun dipping sauce**

- 250 ml Mayonnaise
- 60 ml Tomato Sauce
- 30 ml **Cape Herb and Spice Louisiana Cajun Rub**
- 15 ml Dijon mustard
- 2.5 ml Ground garlic

- A squeeze of lemon juice

#### **To serve**

- Zest of half a lemon
- 1 Lemon, cut in wedges

**Number of servings : 4**

## **THIS IS WHAT YOU WILL NEED TO DO**

**PREP TIME: 60 mins | COOKING TIME: 10 mins**

### **Fried Cajun Calamari**

Pour the buttermilk into a large bowl; add the calamari and allow it to sit submerged for at least 1 hour. While you wait, prepare the cajun mayo.

### **Cajun Dipping Sauce**

Mix all of the ingredients for the Cajun mayo together, taste and adjust the seasoning. Set aside until ready to use.

### **Calamari cont.**

Add the flour and spice to a large bowl and whisk well to combine. Use one hand to pick up pieces of calamari from the buttermilk and drop into the flour. Use the other hand to evenly coat the calamari in flour. Shake off any excess and then lay the dredged calamari onto a baking tray. Repeat until all of the calamari is coated.

Set a large pot over high heat with enough oil for deep frying. Heat the oil to 180 °C.

Carefully drop a handful of calamari into the hot oil and fry until golden. Drain the cooked calamari on a piece of kitchen towel. Repeat until all of the calamari is fried.

### **To Serve**

Season with salt and pepper and add a grating of lemon zest. Serve with cajun mayo dipping sauce and lemon wedges for squeezing over.

Recipe by CRUSH magazine

<https://capeherb.co.za>