



INGREDIENTS:

- ☐ 4 Breco Squid Steaks
- ☐ ½ Cup flour
- ☐ Salt and pepper to taste
- ☐ 2 Eggs
- ☐ 3 tbsp Olive oil
- ☐ 2 Cloves garlic, finely chopped
- ☐ 1 Cup chicken stock
- ☐ ¼ Cup fresh lemon juice
- ☐ ¼ Cup capers, drained
- ☐ ¼ Cup fresh parsley, chopped
- ☐ 4 tbsp Unsalted butter, cold

METHOD:

01. Place the flour in a shallow dish, and season the flour with salt and pepper. Lightly dust the squid steaks with flour and shake off any excess. Dip it into the beaten eggs and back in the flour.
02. In a large pan, heat the olive oil over medium-high heat. Add the squid steaks to the pan. You may need to do this in batches to avoid overcrowding the pan. Cook for about 3-5 minutes on each side until they are golden brown. Remove the squid steaks from the pan and set aside.
03. In the same pan, add the olive oil and garlic and sauté for about 30 seconds until fragrant.
04. Add the chicken stock, lemon juice, and capers, scraping up any browned bits from the bottom of the pan. Bring the mixture to a simmer, return the squid steaks to the pan, and let it cook for about 5-8 minutes on medium-low heat, allowing the sauce to thicken while the calamari tenderise and absorbs the flavours.
05. Remove and plate the calamari steaks, and remove the pan from the heat. Whisk in the cold butter, one tablespoon at a time, until the sauce is smooth and slightly thickened. Pour the sauce over the squid. Serve with roasted vegetables.