



## Recipe of the Month- February 2007

### Calamari Salad

Serves 6

#### Ingredients:

1kg	Calamari, steamed
250ml	Onion, sliced
5ml	Garlic crushed
250ml	Celery, thinly sliced
250ml	Carrot, sliced into match stick size (Julienne)
500ml	Sunflower oil
45ml	Lemon juice
75ml	Parsley chopped
5ml	Oregano
2	Garlic cloves, crushed with salt
	Pinch of salt
	Freshly ground pepper
10ml	Sugar
60ml	Dry white wine

#### Method:

1. Clean calamari slices and steam until just cooked. Drain and cool.
2. Lightly fry onions and garlic together.
3. To make the dressing – combine oil, lemon juice, parsley, oregano, garlic, salt, pepper, sugar and wine. Mix well.
4. Place celery, onion, carrots and calamari in a bowl.
5. Pour dressing over the calamari mixture. Chill for several hours before serving



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