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Inspired by Laut

Sotong Goreng (fried Calamari) Recipe

Make Sotong Goreng (fried Calamari) Recipe in just 40m. Dusted with spices, onions, bell pepper, cilantro, chili, garlic

TIME

40m

SERVES

4

DIFFICULTY

Moderate

Appetizer

Ingredients

Serves 4

CALAMARI & MARINADE

- ☐ 1 lb fresh calamari tubes and tentacles
- ☐ 2 tbsp Fresh lime juice
- ☐ 3 cloves Garlic
- ☐ 1 tsp light soy sauce
- ☐ 1 tsp Celtic sea salt
- ☐ 1 tsp black pepper

DREDGE (SPICE DUST)

- ☐ 3 tbs 00 bread flour
- ☐ 3 tbs Cornstarch
- ☐ 1 tsp Ground turmeric
- ☐ 1 tsp Watkins paprika
- ☐ 1 tsp Watkins garlic powder
- ☐ 1 tsp Onion powder
- ☐ 1 tsp Cayenne pepper

- ☐ 1/2 tsp Baking powder

VEGETABLES & HERBS

- ☐ 1/2 cup yellow or white onion
- ☐ 1/2 cup Red bell pepper
- ☐ 1/2 cup green bell pepper
- ☐ 1/4 cup Fresh cilantro leaves
- ☐ 1 pc fresh red chili (such as bird's eye or serrano)
- ☐ 2 cloves garlic (for stir)

FINISHING & FRYING

- ☐ 2 cups neutral high-heat oil (vegetable, peanut, or canola)
- ☐ 1 pc egg white (optional, for better adhesion)
- ☐ 1/2 tsp fine sea salt
- ☐ 1/4 tsp freshly ground black pepper
- ☐ 4 pc lime wedges (to serve)

Method

CALAMARI & MARINADE

1 Prepare calamari

If not pre-cleaned, clean 1 lb calamari: remove head, innards and cartilage; peel skin if desired; separate tentacles. Pat dry very well with [paper towels](#). Cut tubes into 1/2-inch rings.

2 Marinate

Grate or finely mince 3 cloves [garlic](#). In a [bowl](#), combine calamari rings and tentacles with 2 tbsp lime juice, 1 tsp light soy sauce, 3 cloves minced [garlic](#), 1 tsp salt, and 1 tsp black pepper. Toss to coat and let sit 10 minutes while you prepare dredge and vegetables (do not marinate longer than 20 minutes to avoid toughening).

DREDGE (SPICE DUST)

3

In a **shallow bowl** or **pie plate**, **whisk** together 3 tbs all-purpose flour, 3 tbs **cornstarch**, 1 tsp **ground turmeric**, 1 tsp paprika, 1 tsp **garlic** powder, 1 tsp **onion powder**, 1 tsp **cayenne pepper**, and 1/2 tsp **baking powder**. Taste a tiny pinch and adjust salt if desired (the marinade already has salt).

- 4 If using the optional **egg** white: lightly beat 1 **egg** white in a separate **bowl**. Dredging method: dip marinated calamari briefly in **egg** white (or directly into dredge if skipping **egg**) then into the flour mixture, shaking off excess. Work in batches so pieces remain separated and the coating stays dry and crisp.

VEGETABLES & HERBS

- 5 Prepare vegetables while oil heats: thinly slice 1/2 cup **onion**, cut 1/2 cup **red bell pepper** and 1/2 cup green bell pepper into 1/4-inch strips. Finely chop 1 fresh red chili (remove seeds if you prefer milder heat). Roughly chop 1/4 cup **fresh cilantro leaves** and mince 2 cloves **garlic** for the quick toss.
- 6 These vegetables will be quickly stir-fried after the calamari is fried to add aroma and texture; they should be ready to go beside the **fryer**.

FINISHING & FRYING

- 7 Heat 2 cups neutral oil in a heavy-bottomed **skillet** or a deep frying **pot** over medium-high heat until it reaches 350°F (175°C). If you don't have a **thermometer**, test with a small pinch of dredge — it should sizzle and rise to the surface immediately.
- 8 Fry calamari in batches: add a single layer of coated calamari rings and tentacles to the hot oil (avoid overcrowding). Fry 1 to 1 1/2 minutes, until golden and puffed. Turn as needed. Remove with a **slotted spoon** and drain on a **wire rack** set over a **baking sheet** or on several layers of **paper towels**. Immediately season lightly with 1/2 tsp fine sea salt and 1/4 tsp freshly ground black pepper while hot.
- 9 Keep earlier batches warm in a low **oven** (200°F / 95°C) on the rack while you finish frying remaining batches so everything is crisp when served.

- 10 When all calamari is fried, wipe out excess oil from a [large skillet](#) leaving about 1 tbsp oil. Heat over medium. Add the minced 2 [garlic cloves](#) and sliced [onions](#); sauté 30–45 seconds until fragrant. Add bell pepper strips and chopped chili; stir-fry 45–60 seconds — you want them softened but still bright. Toss in the fried calamari and chopped [cilantro](#); stir quickly just to combine and warm through (20–30 seconds). Taste and adjust with an extra squeeze of lime or a pinch more salt if needed.
- 11 Transfer to a [serving plate](#), garnish with [lime wedges](#). Serve immediately so the calamari stays crisp.

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