



Rick Stein's Stir-fried salt and pepper squid with chilli and shallots

This is one of our favourites and ready in no time. So tasty with Sichuan peppercorns and fresh red chili. Squid is a good source of vitamin B12 and B6 which the body needs for neural health and blood health and vitamin B6 for heart protection from strokes.

Serves: 4, Prep time: 00:10, Cook time: 00:10

Instructions

1. Cut the squid along one side of each pouch, open it out flat and pat dry. Score the inner side into a diamond pattern with the tip of a sharp knife, then cut it into 5cm squares. Cut the tentacles in half, if large, and set to one side with the pouches.
2. For the salad, cut the cucumber and spring onions lengthways into short, thin strips. Put them in a bowl and toss with the bean sprouts and watercress. Whisk together the soy sauce, sesame oil, sugar (or honey) and a pinch of salt flakes in a small jug and set aside.
3. Heat a frying pan over a high heat and add both peppercorns. Dry roast for a few seconds, shaking the pan

Ingredients

- 750 grams Squid, Gutted and cleaned (1 lb 10.5 oz)
- 1/4 Cucumber, peeled, halved and seeds removed
- 50 grams Bean sprouts (2 oz)
- 25 milligrams Watercress, large stalks removed
- 2 teaspoon Dark soy sauce
- 2 teaspoon Oil, sesame
- 1/4 teaspoon Caster sugar, Or Honey
- 1/2 teaspoon Black pepper corns
- 1/2 teaspoon Sichuan peppercorns
- 1-2 tablespoon peanut oil
- 1 Red chili, Finely sliced
- 3 Shallots
- 3 Spring onions

until the peppercorns darken slightly and smell aromatic. Grind them coarsely in an electric spice grinder or pestle and mortar, then stir in 1 tsp salt flakes.

4. Heat half the oil and half the squid in the pan and stir-fry for 2 minutes until lightly coloured. Tip on to a plate and repeat with the rest of the oil and squid. Remove all squid from the pan and put in the shallots and heat to soften. Put all of the squid back in the pan with the rest and add the salt and pepper mixture and red chili. .
5. Toss everything together for 10 seconds or so. Toss again and serve with the dressed salad.

This is one of the first Asian-style dishes I ever put on the restaurant menus and it is still there from time to time. The salad that accompanies it is entirely made up by me but does seem to encompass the flavours of Southeast Asian cooking.

Rick Stein

It was not on the menu when we went to his restaurant in Padstow but we had pepper crab and seabass instead!

Notes

I used pre-prepared small squid which cut down on prep time. I could not get bean sprouts so just used some mixed salad leaves. I tossed the cut sprint onions in at the end and coated them in the salt and pepper mix and they were delicious. If you like it spicy then use more peppers and chilis.

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