

MARINATED CALAMARI, FAVA, BROWN BUTTER & CAPER SAUCE

CHEF VS STUDENT

Hangin'
LOCAL
VIRTUAL

INGREDIENTS

Calamari

200g fresh calamari (or mushrooms for vegetarian option)
20g sunflower or canola oil
1 tsp smoked paprika
2 sprigs fresh thyme
Sea salt
Cracked black pepper
1 tsp red wine vinegar

Fava

170g yellow split peas
40g sliced onions
50g sliced carrots
1 garlic clove, crushed
100g extra virgin olive oil
1 fresh bay leaf
Lemon juice to taste
Salt to taste

Brown butter caper sauce

50g butter
20g capers
1 spring onion stalk, finely sliced
Lemon juice
Fennel leaves (garnish)
Lemon zest (garnish)

UTENSILS

2 x chopping boards
Sharp knife
Measuring spoons
2 x mixing bowls
Pot with handles (approx 25cm)
Strainer
Whisk
Tongs
Rubber spatula
Glad wrap
Small frying pan for sauce
Large frying pan for calamari
Large shallow serving bowl



Alex Xinis
ALMOST LIKE
YIAYIAS

METHOD

Step 1: Clean calamari by removing the guts and wings. Reserve the tentacles and remove the beak.

Step 2: Score the body and marinate in all 'calamari' ingredients except the red wine vinegar for 30 minutes.

Step 3: Place yellow split peas in a saucepan with 500ml water and bring to the boil.

Step 4: Skim impurities, slice and add onion, carrot and garlic as well as the bay leaf. Cook until tender - approx 40 minutes.

Step 5: Strain the peas and vegetables, reserving some liquid. Crush using a whisk, with olive oil, lemon juice and salt. Adjust with reserved liquid as required.

Step 6: Cook the marinated calamari quickly in a hot pan until opaque. Slice and toss with red wine vinegar.

Step 7: Make the sauce by cooking the butter until brown (don't burn it!). Add spring onion and capers and cook for 20 seconds, then squeeze in lemon juice.

Step 8: Plate up by placing the fava in the center of a bowl. Top with calamari, dress with the sauce and garnish with fennel leaves and lemon zest.