

Nederburg Wines

Fried squid tentacles and calamari with pearl barley salad and roasted garlic aioli



Ingredients

100g calamari tube and tentacle mix
1 cup pearl barley
10g fresh diced tomato
10g diced cucumber
10g diced red onion
5g mixed herbs (parsley, coriander and dill)
1 lemon
5ml red wine vinegar
5ml olive oil
Salt
Pepper
Oil for frying
Flour for dusting

Method

On the stove, bring a medium-sized pot of salted water to the boil. Add the pearl barley and cook until soft. Strain barley and rinse with cold water to stop the cooking process.

Mix the barley with the tomato, cucumber, red onion, mixed herbs, vinegar and olive oil. Season to taste and set aside.



Season the calamari with salt, pepper and lemon juice. Dust the calamari with the flour and fry in oil until golden brown and crispy.

Serve the calamari on the pearl barley salad with a lemon wedge and aioli.

Wine pairing

Nederburg Heritage Heroes The Anchorman Chenin Blanc

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