bit spicy

Thai Squid with Peppers

This is a very easy Thai recipe. You can use squid rings or hoods. If you buy large hoods then cut the hood open so it is a flat sheet. Cut a criss-cross pattern with a sharp knife before cutting it into pieces about 2 by 4cm. This means they curl into an attractive bite-sized piece when cooked (see photo). Don't overcook squid: it gets very chewy!

Serves 4

INGREDIENTS

- 500g squid hoods, cut into rings or bite-sized pieces (see above)
- 1 tbsp vegetable oil
- 1 onion, sliced
- 1 green & 1 red pepper, each cut into strips & halved
- 4 cloves garlic, sliced
- 125ml water, mixed with 2 tsp cornflour
- 1 tbsp each of palm or muscavado sugar, fish sauce, Kecap Manis or Soy sauce, and oyster sauce
- 2 tbsp sweet chilli sauce
- 2-3 small red chillies, chopped (optional)
- handful green beans or broccoli, chopped into bite-sized pieces
- 2-3 spring onions, sliced

RECIPE

1. Mix the water and cornflour with the sugar & sauces.
2. Heat the oil in a large wok and fry the garlic until golden. Add the optional chillies at this stage.
3. Add the onion, peppers & vegetables and quickly fry for a moment before adding the sauce mix. Cook for a couple of minutes.
4. Add the squid & cook for about 2 minutes (see above). Add a splash of water if you want more sauce.
5. Scatter with the spring onions & serve with plain or jasmine rice.

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COOK'S NOTE:

- You can use either Soy sauce or Kecap Manis (and Indonesian sweet soy sauce) in this recipe. The Soy is less sweet so it is up to you what flavour you are going for.