



Grilled Squid with Chamomayo



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup chamomile flowers dried canned you can get them from any place that sells loose-leaf tea, or rip open a couple of teabags
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 egg yolk
- ☐ 0.5 teaspoon kosher salt
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 8 servings lemon wedges for garnish, optional
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 4 pounds squid bodies frozen cleaned any fishmonger that can't get you squids can't be trusted...they come to a fishmonger and are CHEAP
- ☐ 0.5 teaspoon sugar
- ☐ 1 cup vegetable oil
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ cutting board
- ☐ chopsticks

Directions

- ☐ Heat the oil and chamomile flowers over low heat until the chamomile aromatizes and turns golden brown, 3 to 5 minutes. Strain the oil, discarding the chamomile flowers, and let cool.
- ☐ Combine the vinegar, mustard, salt, sugar and egg yolk in the bowl of a food processor and blend for about 30 seconds.
- ☐ Add the thoroughly cooled oil through the emulsion tube. Voila. Chamomayo. Imagine the possibilities! Darjeeling Mayo! Matcha mayo! Earl Grayo! Now for the squids. Slice the squid bodies open lengthwise, and lay flat on a cutting board with the outsides facing up. Gently score the squid with the tip of your knife in a crosshatch pattern, then sprinkle each side with salt and pepper... say one sprinkled pinch per. Don't be shy. Toss the squid in a large bowl with the olive oil, then grill these guys for 2 to 4 minutes per side. I like mine a little under-done, but I'm a weirdo like that.
- ☐ Transfer all the squids to a cutting board.
- ☐ Cut them into 1/2-inch rings. You can serve them in a pile and with the mayo on the side. If you want to get fancy and plate these up, slide a chopstick or iced-tea spoon up the middle of the rings to plate them in a neater fashion.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts

 **PROTEIN 44.84%**  **FAT 44.95%**  **CARBS 10.21%**

Properties

Glycemic Index:15.95, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:24.890869397184%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 329.67kcal (16.48%), Fat: 15.98g (24.59%), Saturated Fat: 2.79g (17.44%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 7.7g (2.8%), Sugar: 0.29g (0.32%), Cholesterol: 552.74mg (184.25%), Sodium: 443.9mg (19.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.88g (71.76%), Copper: 4.29mg (214.47%), Selenium: 102.98µg (147.11%), Vitamin B2: 0.95mg (55.69%), Phosphorus: 516.21mg (51.62%), Vitamin B12: 2.99µg (49.87%), Iron: 5.84mg (32.46%), Vitamin E: 4.2mg (28%), Vitamin B3: 4.95mg (24.74%), Zinc: 3.53mg (23.51%), Magnesium: 78.94mg (19.74%), Potassium: 604.73mg (17.28%), Vitamin C: 11.21mg (13.59%), Vitamin K: 14.11µg (13.43%), Vitamin B5: 1.2mg (12.04%), Calcium: 76.44mg (7.64%), Vitamin B6: 0.14mg (6.79%), Manganese: 0.08mg (4.24%), Folate: 14.76µg (3.69%), Vitamin B1: 0.05mg (3.35%), Vitamin A: 107.73IU (2.15%), Fiber: 0.46g (1.85%)