

## Thai Fried Squid

<http://userealbutter.com/2014/10/05/thai-fried-squid-recipe/>  
from [Food and Wine](#)

1 lb. medium squid tubes and tentacles, cleaned  
vegetable oil for frying  
2 large egg whites, lightly beaten  
1 cup cornstarch  
salt  
pepper

Cut the squid tubes into 1/2-inch rings. Pat the rings and tentacles dry. Heat an inch of oil to 350°F in a large, deep pot for frying. In batches, dip the squid pieces into the lightly beaten egg whites and then dredge the pieces in cornstarch. Carefully place the squid into the hot oil and fry for about 2 minutes. Remove the fried squid from the oil and drain on paper towels. Toss the fried squid with salt and pepper (to taste) in a large bowl. Serve with [Thai sweet chili sauce](#).