

NATIVE & Delishful Foods

experience australia on your taste buds

Native Twist: Saltbush and Mountain Pepper Squid



Elevate the classic Chinese salt and pepper squid with my Aussie spin, featuring native ingredients like dried saltbush flakes for a herbaceous saltiness, mountain pepper for a punch, and dried lemon myrtle for a zing.

SERVES 4 | PREPARATION 15MIN | COOKING 15MIN | SKILL LEVEL EASY

Ingredients:

- 4 squid or calamari hoods
- 1 tsp dried lemon myrtle
- 1 cup tempura flour
- 20 ml macadamia oil
- 50 g butter
- 1½ tsp dried saltbush flakes
- 1½ tsp ground mountain pepper
- 1 tsp Tanami fire seasoning

Salad:

- 100 g mixed lettuce leaves, chopped.
- 2 tomatoes, deseeded, chopped.
- 1 telegraph cucumber, deseeded, chopped.
- Lemon wedges, to serve.

Cook's Notes: Prepare squid or calamari hoods by washing and removing the "backbone" and skin (if desired). Cut hoods into triangles or squares to encourage curling during cooking.

In a bowl, mix lemon myrtle and flour. Roll squid pieces through the flour mixture.

For the salad, combine lettuce, tomato, and cucumber in a bowl.

Heat macadamia oil and butter in a wok. Add saltbush, mountain pepper, and Tanami fire seasoning, cooking for 30 seconds.

Add squid in batches, shaking off excess flour, and cook until they curl. Using a slotted spoon, remove from oil and drain on paper towel. Repeat with remaining squid.

To serve, divide the salad among plates. Top with squid and serve with a lemon wedge.

Chef's Notes:

- Dried lemon myrtle, dried saltbush, mountain pepper, and Tanami fire seasoning are native Australian herbs, spices, and fruits.
- Macadamia oil is available from the oil or health food aisle in most supermarkets or health food stores.
- Tempura flour is available from the international aisle of most supermarkets or Asian grocers.

*Photography, styling, and food preparation by China Squirrel. Adam Liaw explores culture and cuisine in *The Cook Up with Adam Liaw*.*