

## SICHUAN STYLE SQUID WITH PRAWNS

An authentic flavour with the fire and fragrance that is hallmark of Sichuan cuisine.

### Ingredients:

12	Baby Squid
500 g	Raw Tiger Prawns
4	Spring Onions
1	Onion
1	Red Pepper
2"	Piece of Fresh Ginger
	Facing Heaven Chilli and Garlic Oil
	Sesame Oil to drizzle

### Method:

Prepare the squid by removing the head and tentacles, ensuring that the quill is removed from the body. Cut the tentacles from the head just in front of the beak. Slice the body into 10 mm rings and reserve both flesh and tentacles to one side.

If whole, ensure that the head, shell and legs of the prawn are removed, along with the black vein along the back of the prawn. Put to one side.

Finely cut the onion and red pepper into 2 mm slices and the spring onion at 45°. Peel and finely chop the ginger.

Pre-heat a wok and, using just the oil of the Facing Heaven Chilli and Garlic Oil, pour sufficient oil into the wok to create a 2" circle in the bottom. Add the ginger, onion, red pepper and cook until soft and caramelised along the edges. Remove from the wok with a slotted spoon.

Add more oil to create another 2" circle and, when smoking hot, add the prawns and cook for one and a half minutes, moving around the wok constantly. Add the squid all at once with the spring onions and cook at full heat for a further 45 seconds.

Take a teaspoon of the base of the Facing Heaven Chilli and Garlic Oil and add to the squid and prawns and stir through. Immediately add the onion, pepper and ginger mixture to the prawns and chilli. Combine all the ingredients together and remove from the heat.

Serve with plain boiled rice and drizzle with the sesame oil.