

Mock Calimari Rings

From Shucky's Kitchen



INGREDIENTS

1 c.	Flour
2 sheets	Toasted nori snacks
½ t.	Pink or sea salt
¼ t.	Pepper
1 t.	Seasoning Mix*
1 c.	Water
1 tin	Hearts of Palm
1-1/2 c.	Bread crumbs
	Oil for deep frying

DIRECTIONS

1. Whir the dry ingredients in a food processeor.
2. Add the water and whir again.
3. Drain the hearts.
4. Push the centres out and make rings.
5. Heat the oil.
6. Put bread crumbs in a bag.
7. Dip the rings in, then shake in bag to coat.
8. Drop into hot oil and deep fry until browned.
9. Drain on paper towel and serve!

**Old Bay, Kentucky Kernel, Montreal Steak Spic e, etc.*



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