

## Cumin Squid Stir-Fry: Quick, Flavorful & Tender Asian Delight

Here's what you'll need to create this fantastic Cumin Squid Stir-Fry:



**TIME**  
**15 min**

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### INGREDIENTS

**Squid:** About 1 pound of fresh or frozen squid, cleaned and cut into rings or bite-sized pieces. (Thaw completely if using frozen squid.)

**Marinade:** 1 tablespoon soy sauce

1 teaspoon cornstarch

1/2 teaspoon ground cumin

1/4 teaspoon black pepper

1 clove garlic, minced (optional)

**Sauce:** 2 tablespoons soy sauce

1 tablespoon oyster sauce (optional, for umami)

1 tablespoon rice wine or dry sherry (optional)

1 teaspoon sugar

1 teaspoon ground cumin

1/2 teaspoon chili powder (or more, to taste)

1/4 teaspoon five-spice powder (optional, for a more complex flavor)

**Garnish:** Chopped green onions

Sesame seeds (optional)

Cooking oil (such as vegetable or canola oil)

### DIRECTIONS

- 1. Marinate the Squid:** In a medium bowl, combine the cleaned squid with the marinade ingredients: 1 tablespoon soy sauce, 1 teaspoon cornstarch, 1/2 teaspoon ground cumin, 1/4 teaspoon black pepper, and the minced garlic (if using). Mix well with your hands or a spoon to ensure the squid is evenly coated. Let it marinate for at least 15 minutes at room temperature. This step is vital for tenderizing and flavoring the squid.
- 2. Stir-fry the Squid:** Heat 1 tablespoon of cooking oil in a wok or large skillet over medium-high heat until it's shimmering. Add the marinated squid in a single layer (cook in batches if necessary to avoid overcrowding the pan). Stir-fry for only about 2-3 minutes, tossing constantly, until the squid is cooked through, turns opaque, and curls slightly, but is still tender. Do not overcook, as squid can become tough very quickly. Remove the cooked squid from the wok and set aside on a plate.
- 3. Make the Sauce:** In the same wok, if needed, add a little more cooking oil (about 1 teaspoon). Add all the sauce ingredients: 2 tablespoons soy sauce, 1 tablespoon oyster sauce (if using), 1 tablespoon rice wine/dry sherry (if using), 1 teaspoon sugar, 1 teaspoon ground cumin, 1/2 teaspoon chili powder, and 1/4 teaspoon five-spice powder (if using). Stir-fry for about 30 seconds to 1 minute, stirring constantly, until the sauce becomes fragrant and slightly thickened.
- 4. Combine and Finish:** Add the cooked squid back to the wok with the sauce. Toss vigorously to coat the squid evenly with the flavorful sauce. Stir-fry for just

another minute to ensure the squid is heated through and the sauce is well combined and clinging to the squid.

5. Garnish and : Serve: Remove the wok from the heat. Garnish generously with chopped green onions and a sprinkle of sesame seeds (if using). Serve immediately over steamed rice or noodles for a complete and delicious meal!

## SWAPS & NOTES

**Squid:** Fresh squid is ideal, but good quality frozen squid (thawed completely and patted dry) works very well.

**Marinade Cornstarch:** This is a crucial ingredient for tenderizing the squid and helping the sauce cling.

**Oyster Sauce:** Adds a wonderful savory depth (umami).

If you don't have it, you can omit or add an extra splash of soy sauce and a tiny pinch of sugar.

## TIPS FOR SUCCESS

This is the golden rule for cooking squid.

It cooks incredibly fast. 2-3 minutes is usually all it takes.

Pat Squid Dry: Even if using fresh, patting the squid dry before marinating helps the marinade cling better and prevents excess moisture from steaming the squid instead of allowing it to stir-fry.

Hot Wok/Skillet: A very hot wok or skillet is essential for a good stir-fry.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/cumin-squid-stir-fry-quick-flavorful-tender-asian-delight/>