



Squid is a popular food in many parts of the world. Fried squid or "fried calamari" the culinary term, is the most popular way to enjoy squid. It is battered or lightly dusted and deep fried for about 2 minutes. Served as an appetizer or a main dish garnished with parsley and lemon wedge or sprinkled with parmesan cheese. It may also be served with a dip: peppercorn mayonnaise, tzatziki, marinara sauce, tartar sauce or cocktail sauce.

#42757 SQUID RINGS Ocean Prime 10/2lb



Other Varieties;

- 42754 Squid Tubes and Tentacles Cleaned 5"-8" 12/2.5lb
- 42751 Calamari Rings - Breaded 6/2lb
- 42755 Calamari Rings - Breaded 20/4oz
- 42753 Calamari Rings - Breaded 1/10lb
- 42756 Calamari (tubes and tentacles lightly floured) 4/2.5lb



Seafood Stuffed Squid



INDREDIENTS

- 1 tbsp olive oil
- 1/4 cup finely chopped onion
- 1/2 tsp kosher salt
- 1 clove garlic, finely minced
- 8 to 10 whole squid (about 3 to 5 inches each)
- 2 ounces raw shrimp
- 1/4 cup fresh bread crumbs
- 2 tbsp finely chopped tomato
- 2 tsp lemon zest
- 2 tsp finely chopped fresh ginger
- 1 tsp chopped fresh parsley leaves
- 1/4 tsp freshly ground black pepper
- 2 cups prepared tomato or spaghetti sauce

DIRECTIONS

Preheat an oven to 375 degrees F. Heat the olive oil in a medium saute pan over medium heat until simmering. Add the onions and salt and sweat until the onions turn translucent, about 1 to 2 minutes. Do not brown. Add the garlic and continue to cook for another minute. Transfer the mixture to a medium mixing bowl and set aside to cool.

Rinse the squid thoroughly, turn the tubes inside out (since the outside skin tends to curl outward, it'll hold the stuffing better inside out), put into a bowl and set in the refrigerator until ready to use. Place the tentacles and the shrimp into the bowl of a food processor and pulse 6 to 8 times or until there are no large pieces visible. Do not process until smooth. Transfer to the mixing bowl along with the onions and garlic. Add the bread crumbs, tomato, lemon zest, ginger, parsley and pepper. Stir to combine well.

Place the mixture into a resealable freezer bag and snip 1 corner. You may use a pastry bag with a tip just small enough to fit into the end of the tubes. Pipe the stuffing into the tubes, dividing the mixture evenly between them. Do not over-stuff. Place the tubes into a glass baking dish and cover with the tomato sauce. Cover tightly with aluminum foil and bake for 30 minutes. Serve immediately over prepared pasta.

"Products & Recipes to Help

Zesty Calamari Salad

INGREDIENTS

6oz breaded calamari
8oz romaine lettuce
1 small roma tomato
2oz black olives
1/2 pepperoncini
2oz spicy ranch dressing.



DIRECTIONS

Tear lettuce, chop tomato and pepperoncini. Layer on a serving platter as such. Next layer the olives and the deep fried calamari (recipe on our website or choose one of our already breaded varieties). Top with a spicy ranch dressing.

Spicy Calamari with Bacon

INGREDIENTS

1 1/2 lb cleaned squid
5 slices bacon, cut into 1-inch pieces
1 cup chopped scallions
1/2 tsp dried hot red-pepper flakes



DIRECTIONS

Rinse squid under cold water, then pat dry between paper towels.
Cook bacon in a skillet over medium heat, stirring occasionally, until golden and crisp, then transfer with a slotted spoon to paper towels to drain.
Toss squid with 1/4 teaspoon salt.
Heat fat remaining in skillet over high heat until very hot, then sauté squid with scallions and red-pepper flakes until just cooked through, about 3 minutes.
Serve squid immediately, topped with bacon.

Calamari Salad

INGREDIENTS

1 1/2 lbs cleaned squid
2 tbsp lemon juice
1 tbsp red wine vinegar
1/3 cup extra virgin olive oil
2 garlic cloves, minced
1/2 tsp salt
1/4 tsp fresh ground black pepper
1 cup thinly sliced red onion
1/3 cup pitted kalamata olives, halved lengthwise
2 cups cherry tomatoes
2 celery ribs, sliced (cut into 1/4-inch-thick slices)
1/2 cup fresh flat leaf parsley, plus more to taste
2 tbsp chopped fresh basil
1/4 cup crumbled feta (optional)

"This salad is a great starter to any Mediterranean inspired meal! Serve with a crusty bread and suggest a nice glass of dry riesling, pinot gris or sauvignon blanc for your guests."



DIRECTIONS

Rinse all the squid under running water and pat dry. Cut the tentacle bunches in half, and cut the bodies into 1/4 to 1/3-inch wide rings; cut the wings from the bodies.
Fill a 5 or 6 quart pot full of water, add a couple teaspoons of salt, and bring it to a boil. Prepare a bowl of ice water.
Cook all the prepared squid pieces in the boiling water until just opaque, a brief 40 to 60 seconds, then remove from pot and immediately plunge into the ice water to halt the cooking. When squid has cooled, transfer to a colander, let drain, and pat dry; set aside.
In a small bowl, whisk together the lemon juice, vinegar, oil, garlic, salt, and pepper; add in onion, stir, and let the dressing stand for 5 minutes. In a large bowl, combine the cooked squid, olives, tomatoes, celery, parsley, basil, and feta (if using), then toss with the dressing.
Let salad stand, tossing occasionally, for at least 15 minutes to allow the flavours to develop.
* Note: although good eaten right after preparation, it's even better if you chill it for 8 hours, tossing occasionally - then bring it to room temperature before serving (about 1 hour); also, some people prefer the onion to be sautéed lightly before adding it to the salad.
Makes 4 main course servings, 8 side dish servings



Stuffed Squid - Kalamarakia Yemista

INGREDIENTS

3 tbsp extra virgin olive oil, plus 1/4 cup
1 spanish onion, finely chopped
2 cloves garlic, finely chopped
1 1/2 cups long-grain rice
2 plum tomatoes, diced
salt and freshly ground black pepper
3 tbsp finely chopped fresh mint leaves
1/4 cup finely chopped fresh flat-leaf parsley
2 1/2 pounds baby squid, cleaned
1/2 cup tomato juice

DIRECTIONS

Preheat oven to 350 degrees F.

Heat 3 tbsp of the oil in a medium saucepan over medium-high heat. Add the onion and cook until soft. Add the garlic and cook for 30 seconds. Add the rice and stir to coat with the mixture; cook for 1 minute. Add 3 cups water, tomatoes, season with salt and pepper, and bring to a boil. Reduce the heat to low, cover the pot, and cook until the rice is tender and the water is completely absorbed, about 14 to 16 minutes. Remove from the heat and let sit 5 minutes. Fluff with a fork and stir in the mint and parsley. Let cool.

Stuff the squid with the rice mixture. Drizzle half of the remaining oil in a medium baking dish. Add the squid and drizzle with remaining oil and the tomato juice and season with salt and pepper. Bake until the squid is tender, about 25 to 30 minutes. Serve immediately.



Indian Squid Curry

INGREDIENTS

1 lb squid (cleaned)
1 tomato (cut into wedges)
1 can coconut milk (5.6 oz. can)
4 hard-boiled eggs (shell peeled)
4 tbsp fish curry powder
1 tsp spice mix
(fenugreek, black mustard, cumin, and fennel seeds)
1 sprig curry leaves (discard the stem)
2 cups water
2 tbsp cooking oil
4 shallots (sliced thinly)
1 tbsp chili oil
Salt to taste

DIRECTIONS

Rinse squid and set aside. Heat up a pot with the cooking oil and saute the shallots. As soon as you smell the shallots aroma, add in the squid, curry powder, curry leaves, spice seeds, and tomato wedges. Quick stir for 1 minute and dish out the squid and set aside (to prevent overcooking the squid). Add coconut milk, hard-boiled eggs, and water and bring the curry to boil for 8 minutes. Add the squid back in and quick boil for 1-2 minutes (before they shrink in size). Add chili oil and salt to taste. Serve hot with steamed rice.

